DOCUMENT RESUME

ED 405 229 SO 022 133

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INSTITUTION	Berkeley Unified School District, Calif. Asian American Bilingual Center.; California State Univ., Los Angeles. National Dissemination and Assessment Center.
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ABSTRACT

This Pilipino resource book, written in English and Chinese, is a companion volume to the Level Two Identity teacher's guide designed for children in grades three and four, and part of Berkeley, California Unified School District Asian American Bilingual Center's effort to foster the total growth of the child. Together the two books form the basis of the social studies component. The materials that the resource book contains correspond to their order in the teacher's guide, where the materials needed to do an activity are listed under that activity. The teacher needs to procure those activities bearing an "Other" marking; those marked "AABC", except for charts and storybooks, are in the resource book. The book's pages are perforated along the binding so that the materials can be taken out for photocopying, coloring, mounting, cutting, or other preparation for classroom use as the instructions in the teacher's guide specify. (Author/SG)

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SO 02L 133

PAGKAKAKILANLAN

Resource Book

HANGUANG AKLAT

Social Studies

ARALING PANLIPUNAN

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Asian American Bilingual Center

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IDENTITY
自我

Resource Book

資源簿

Social Studies
社會學科

亞美雙語中心
Asian American Bilingual Center

Developed by

Asian American Bilingual Center
1414 Walnut Street, Room 9
Berkeley, CA 94709

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教師注意事項

這一本「資源簿」應與第二級「自我」册的「教師指南」合併使用。「資源簿」和「教師指南」爲科會科的兩大基幹。「資源簿」的教材均按照「教師指南」內的次序排列，而指南裏每個活動所需的教材亦一一列於各該活動之下，如註明「其他」這標題的，教師須自行搜購；註明「亞美中心」的（圖表，故事書除外）則附錄在「資源簿」內。

「資源簿」每頁靠裝釘的邊旁均有虛線，可沿線撕下複印，塗色，裝錶，裁剪和照指南的提示做法來供教學之用。

NOTES TO THE TEACHER

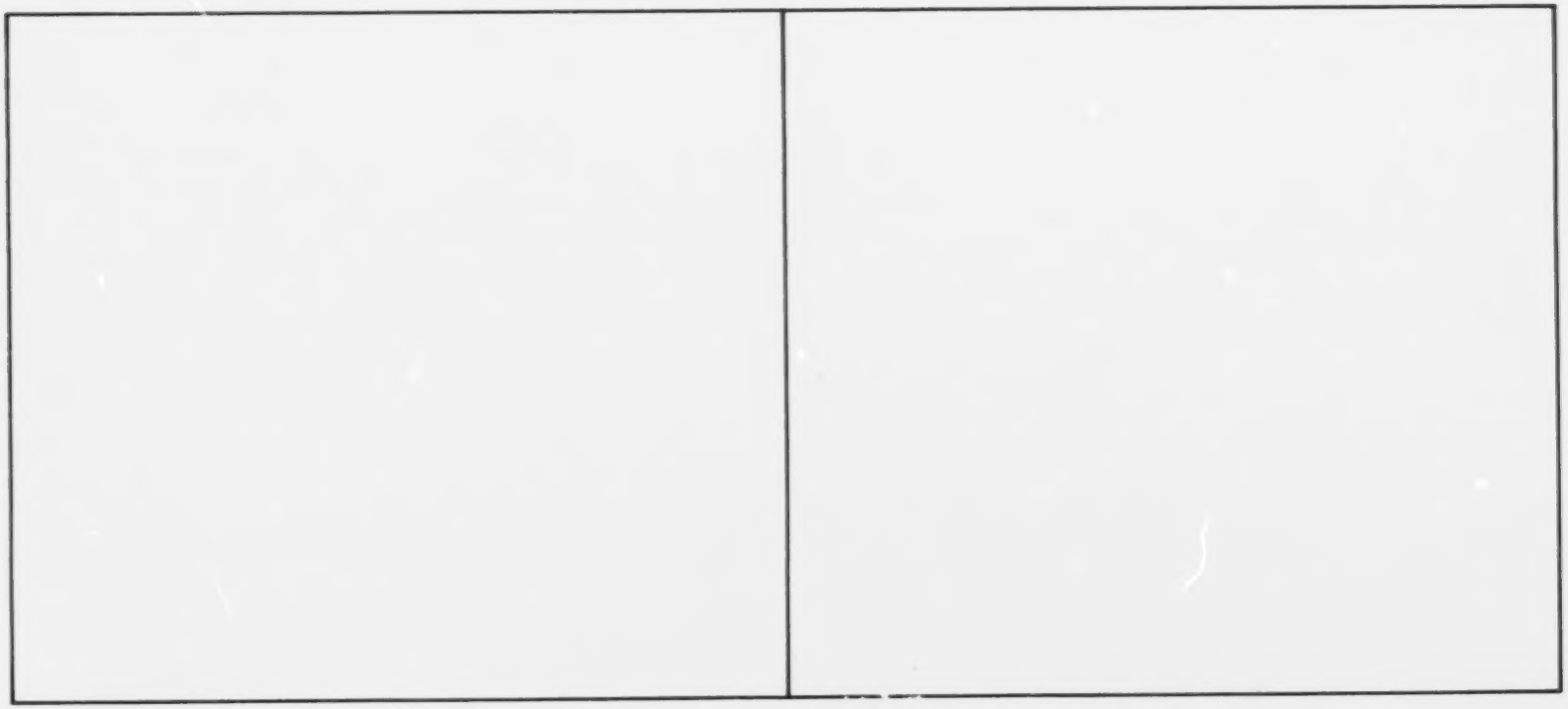
This Resource Book is a companion volume to the Level Two Identity Teacher's Guide. Together, they form the bases of the social studies component. The materials contained in this Resource Book are arranged in the order that they are called for in the Teacher's Guide, where the materials needed to do an activity are listed under that activity. Those marked "Other" need to be procured by the teacher; those marked "AABC," except for charts and storybooks, are in this Resource Book.

The pages of this Resource Book are perforated along the binding so that the materials can be taken out for reproduction, coloring, mounting, cutting, or otherwise prepared for classroom use according to instructions in the Teacher's Guide.

姓名 Name

我的成長過程

How I've Grown

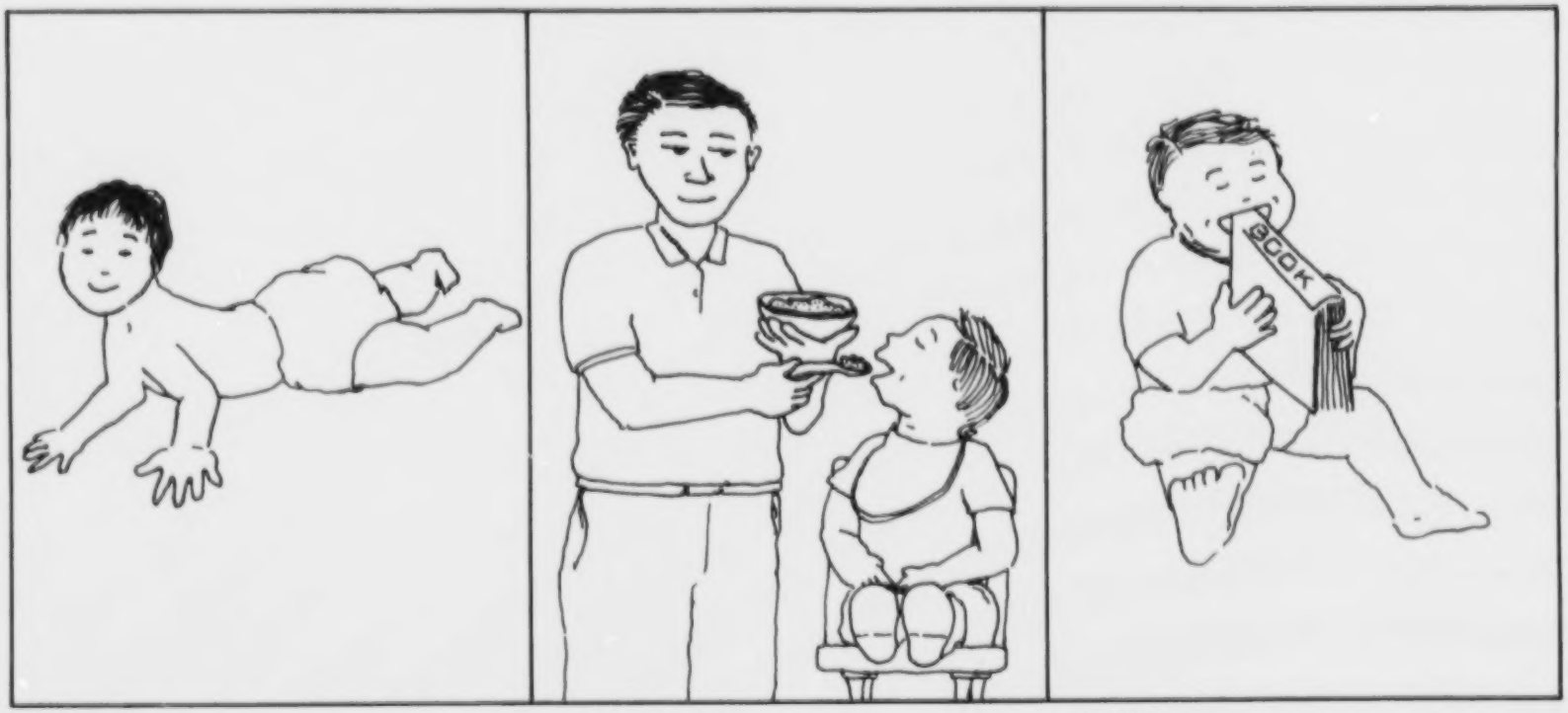


嬰孩時代的我
Picture of me as a baby

現在的我
Picture of me now

兒童時候我不能做的事

Things I couldn't do when I was little.



不會走路
I couldn't walk.

12

不會自己吃飯
I couldn't feed myself.

不會讀書
I couldn't read.

13

現在我能做的事

Things I can do now!

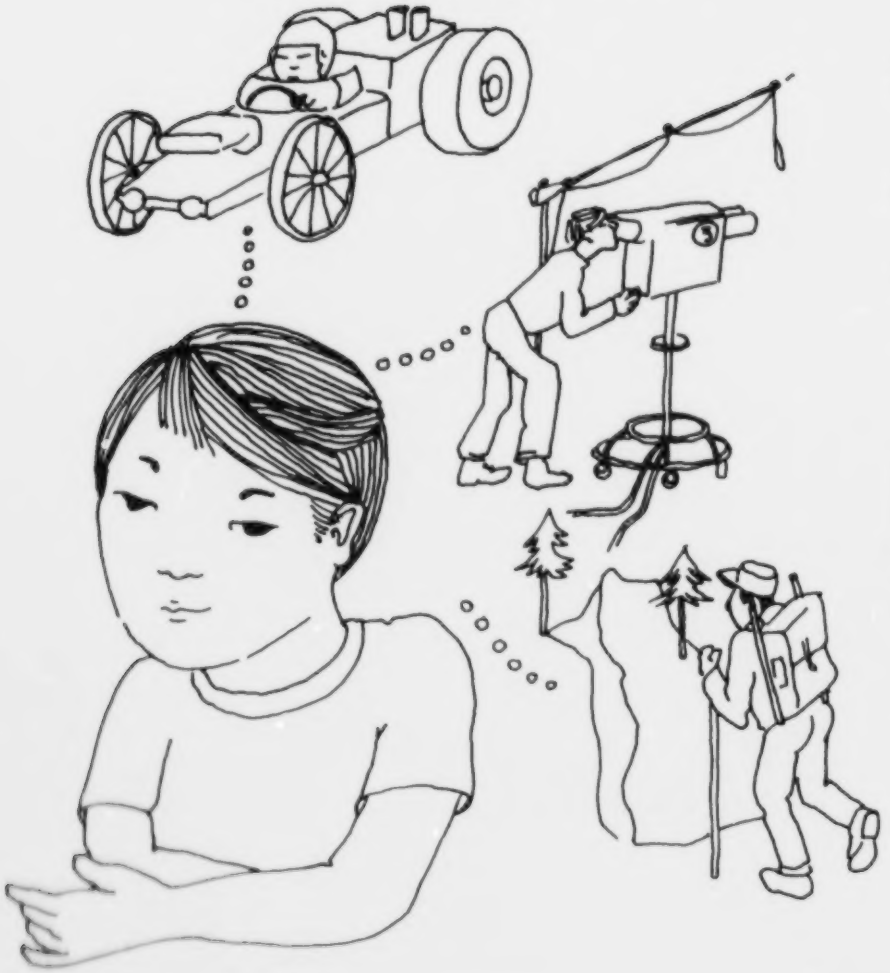
我會看書
I can read.

我會玩遊戲
I can play games.

我會幫忙做事
I can help at home.

我會 _____.
I can _____.

我會 _____.
I can _____.



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姓名 Name

到我長大時. . .

When I Grow Up...

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我希望做一個 _____:

I'd like to be a _____:

把你想做的角色畫出來

Draw a picture of what you'd like to be here.

把你想做的角色描寫出來

Write a story about what you'd like to be here.

我做_____所必須
的條件:

What I would need if I wanted to be a _____

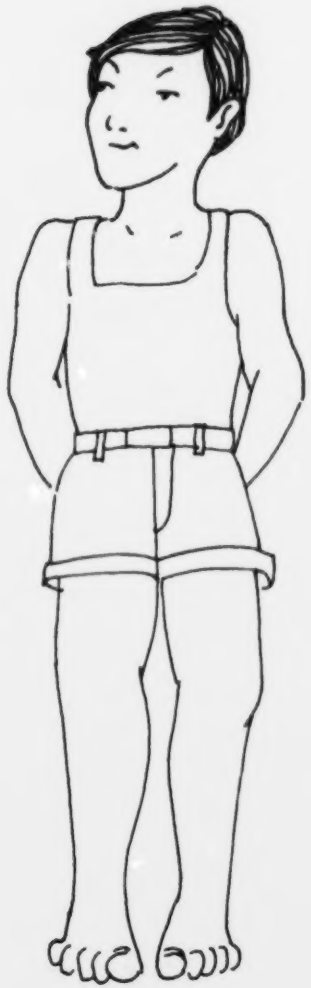
_____:

1. _____

2. _____

3. _____

4. _____



我做_____所必須
的條件：

What I would need if I wanted to be a _____

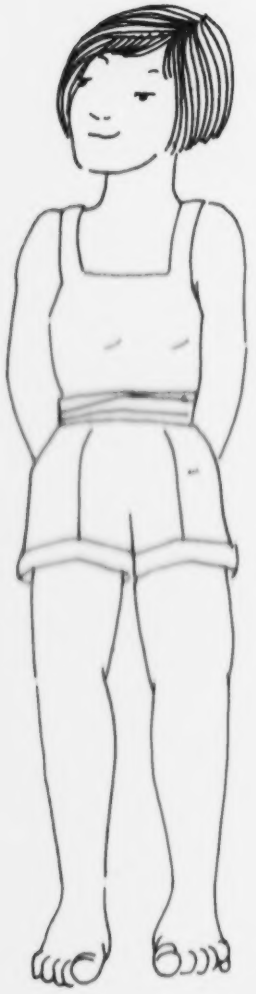
_____:

1. _____

2. _____

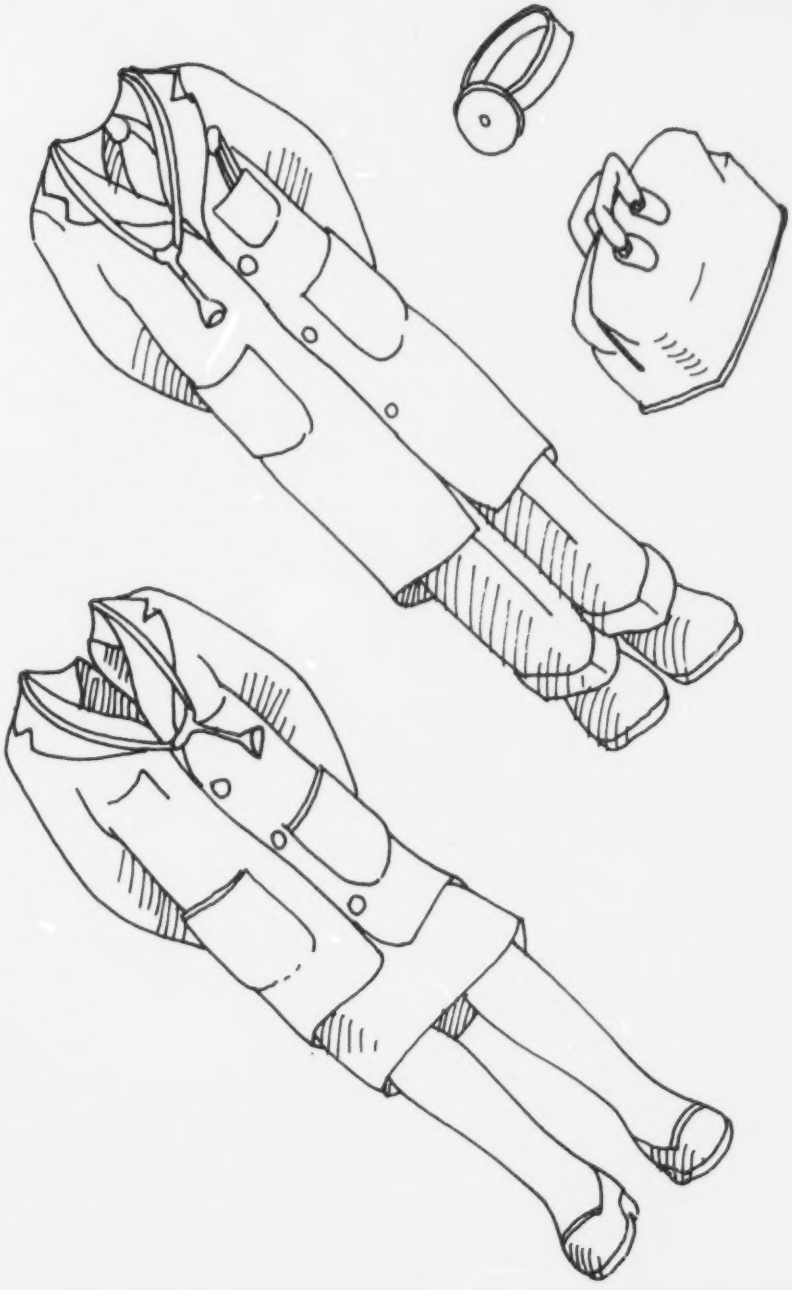
3. _____

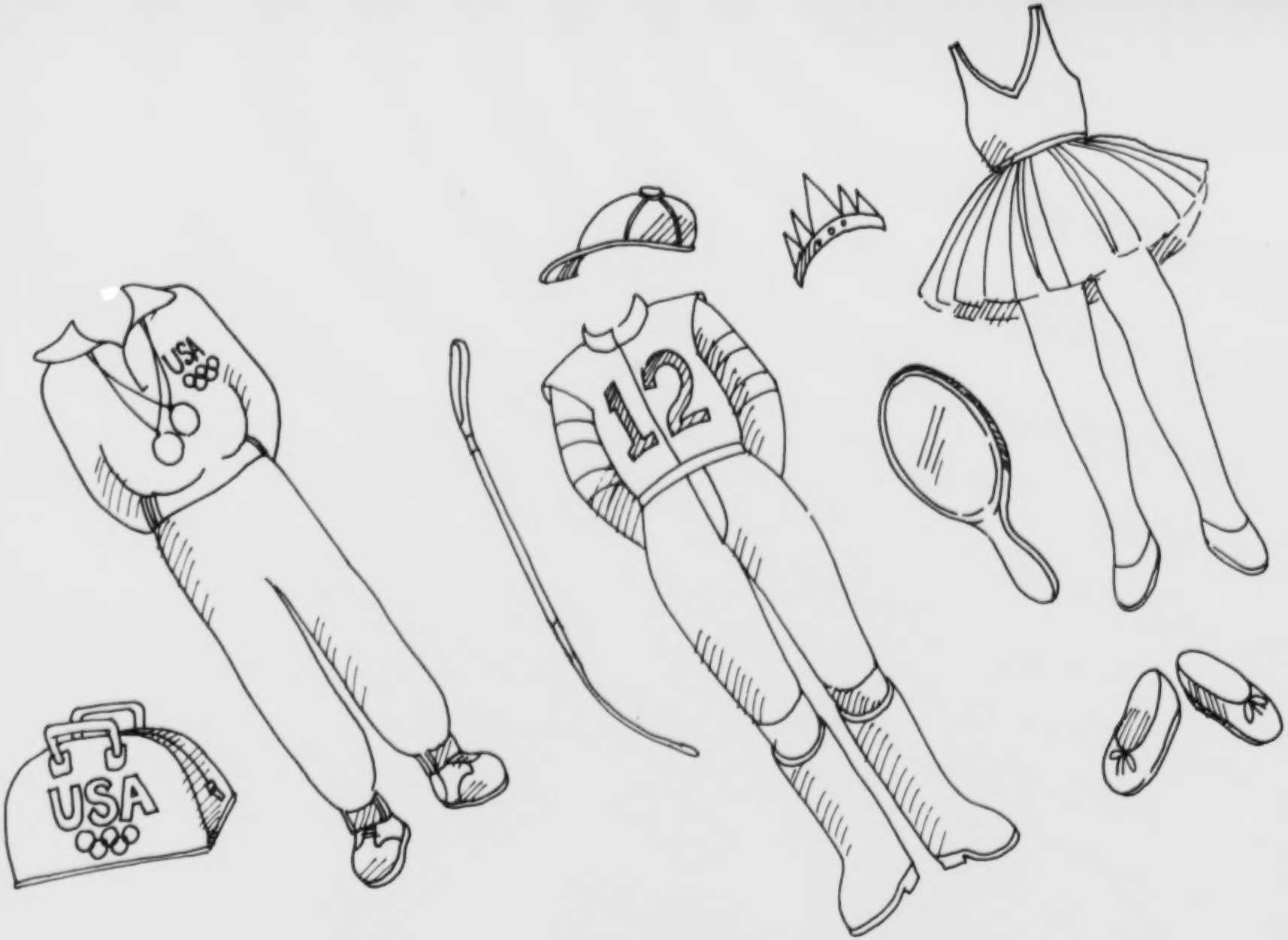
4. _____



剪下你未來的職業所要用的服裝和工具，___
把它們貼在前一頁的圖像上。

Cut out the clothing and equipment that you'll need in your future job and glue them to the figure on the previous page.




USA
USA
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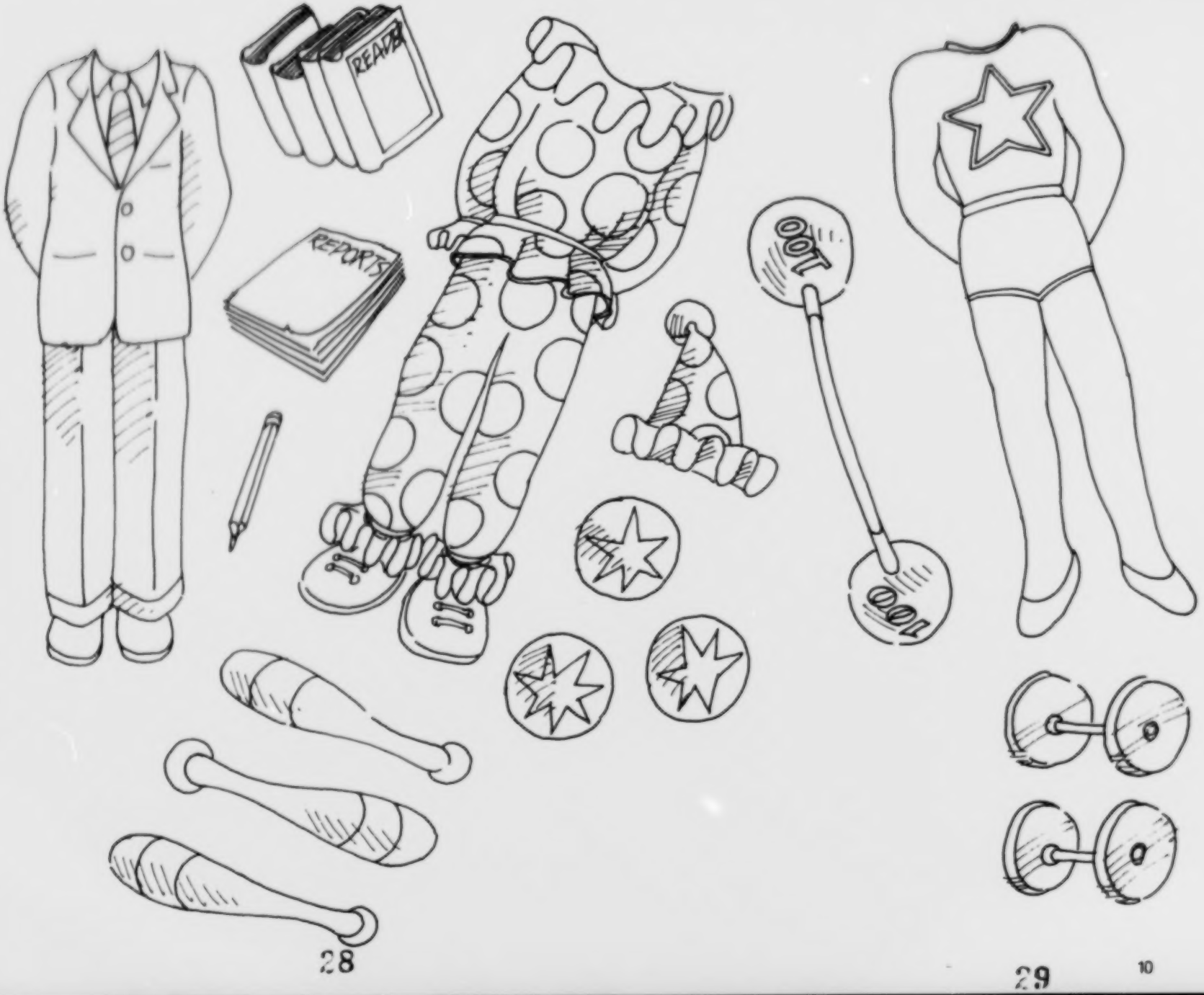

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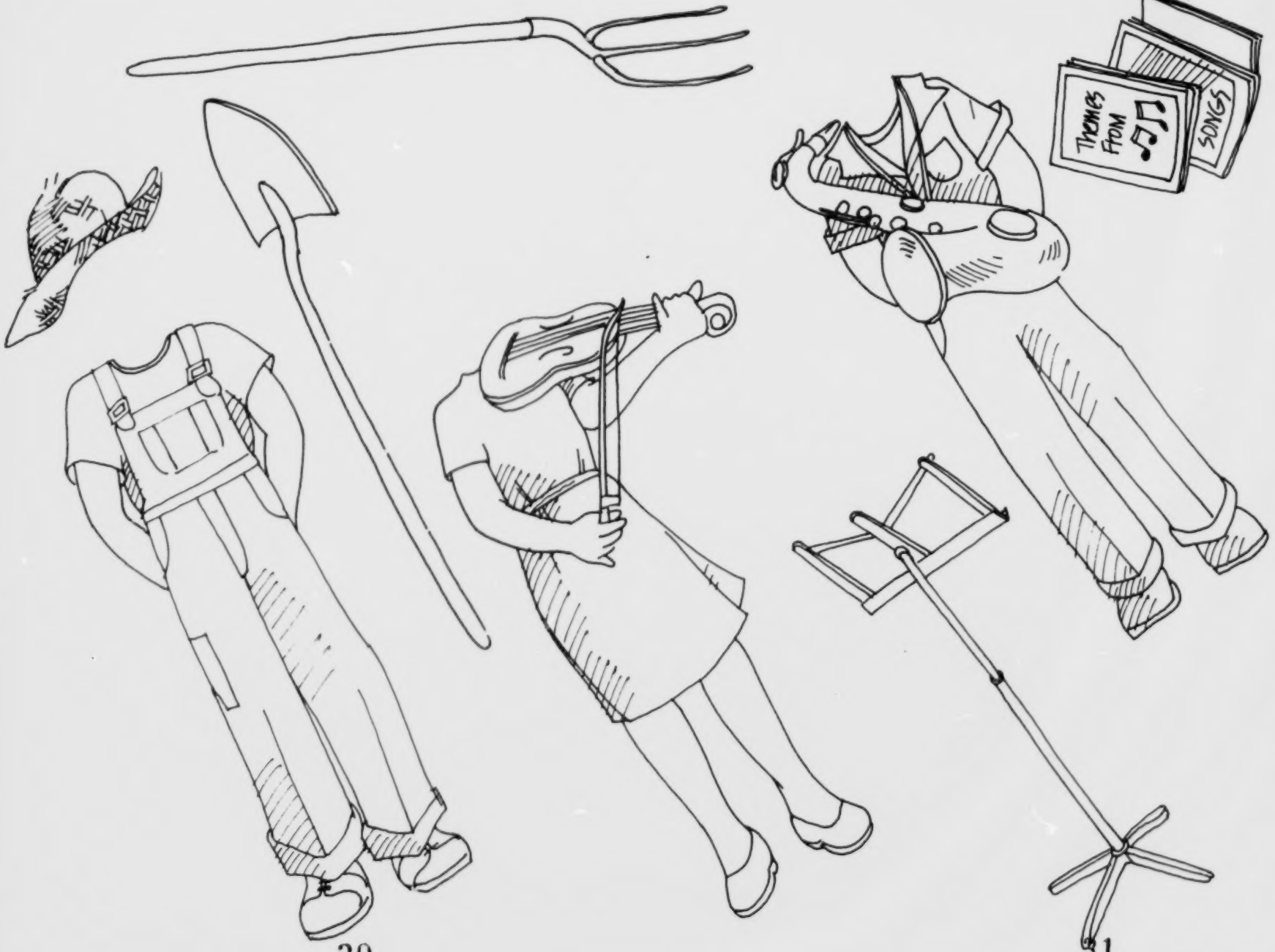

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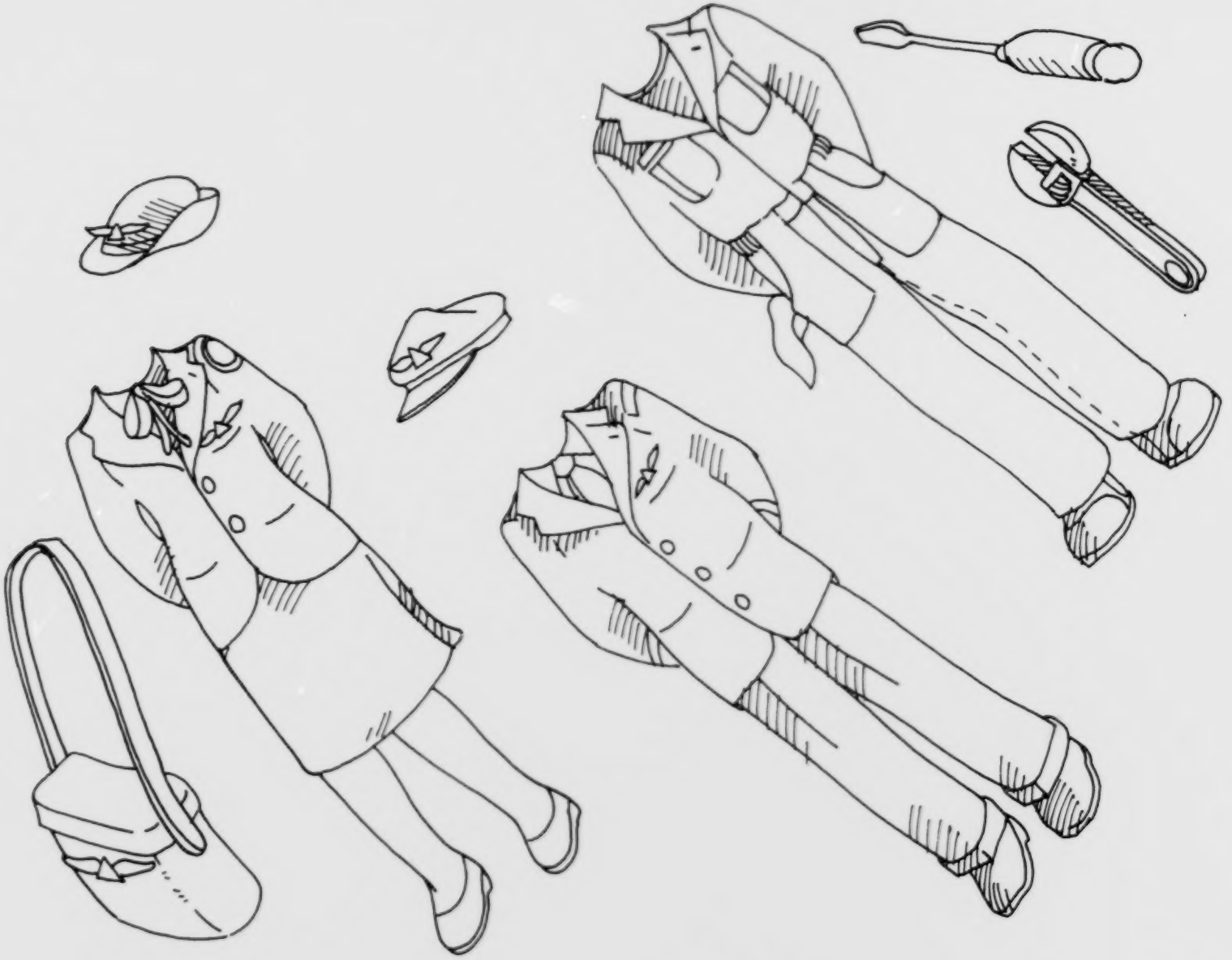

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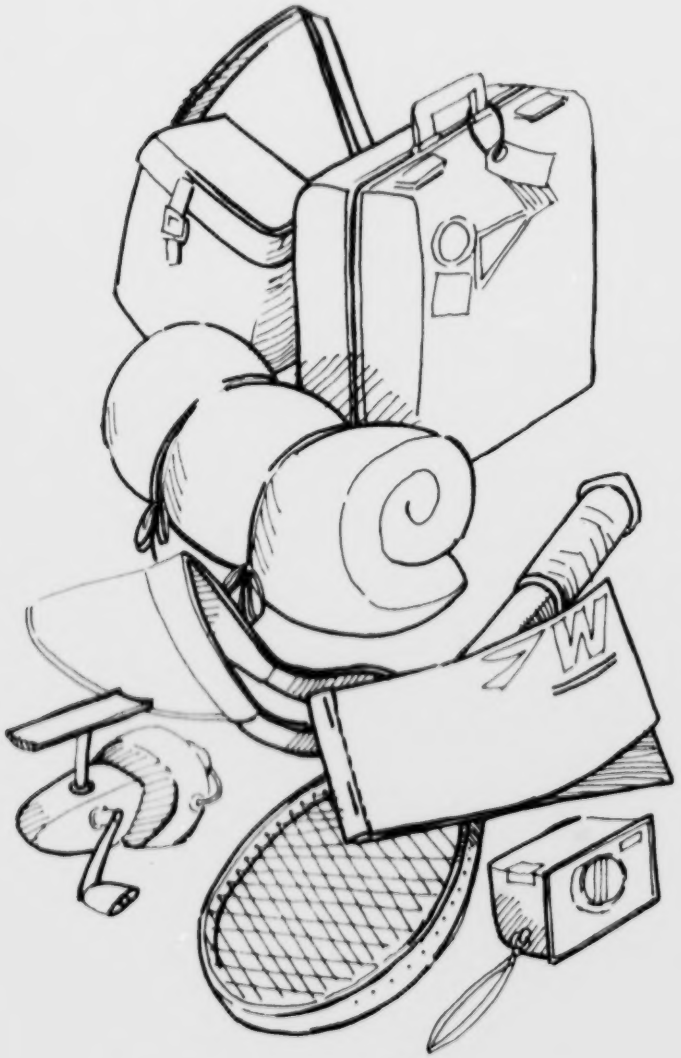
我希望會去的地方

A place I'd like to visit is _____



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我喜歡做的事情

Things I like to do

目標遊戲

製作方法

1．把後面四頁的遊戲紙貼在硬卡紙上。點狀淺色的方格塗上紅色，點狀深色方格塗上藍色。
2．一共有兩套卡紙。一套表示後退，另一套表示前進。剪下每一張卡紙裱在手工紙上。把兩套卡紙牌面向下放在遊戲板上。

玩法：

1．參加的人用骰子來決定他們的標記的行動。標記可用鈕扣來做。
2．星形的方格表示學會了一些新東西，可前進一步。
3．有圓圈的方格表示改變主意，罰停一次。
4．如果有人的標記停在紅色格子上，便要拿一張後退的紙牌，把內容讀出來並照着做（後退一至三步）。標記停在藍色格子上的話，便可拿一張前進的紙牌，讀出內容並照着做（前進一至三步）。

THE GOAL GAME

Directions for construction of game:

1. Glue the following four pages of the game onto tagboard. Color the light dotted squares red and the dark dotted squares blue.
2. Two sets of cards are provided, one set representing setbacks and the other representing advances. Cut out and mount each card on construction paper. Put each set of cards in a stack face down on the game board.

Directions for playing the game:

1. Players use dice to move their markers. Buttons can be used as markers.
2. Squares with stars tell players to advance one space when they learn something new.
3. Squares with circles tell them to miss a turn because they change their mind about their goal.
4. If a player's marker lands on a red square, s/he is to pick a card from the setbacks stack, read the statement and follow the directions on the card (go back 1–3 spaces). If the marker lands on a blue square, s/he is to pick a card from the advances stack, read the statement and follow the directions on the card (advance 1–3 spaces).

前進（藍色）

Advances (Blue)

你聽從忠告
前進一步

You listened to good advice.
Advance 1 space.

你做完了作業
前進兩步

You completed your assignments.
Advance 2 spaces.

你看了很多書
前進兩步

You read a lot of books.
Advance 2 spaces.

你用你的知識幫助別人
前進三步

You helped other people with your knowledge.
Advance 3 spaces.

你努力求上進
前進三步

You worked hard to improve yourself.
Advance 3 spaces.

後退（紅色）

Setbacks (Red)

你沒有聽從指示
後退一步

You did not follow directions.
Go back 1 space.

你沒有完成訓練
後退三步

You did not finish your training.
Go back 3 spaces.

你生病了
後退兩步

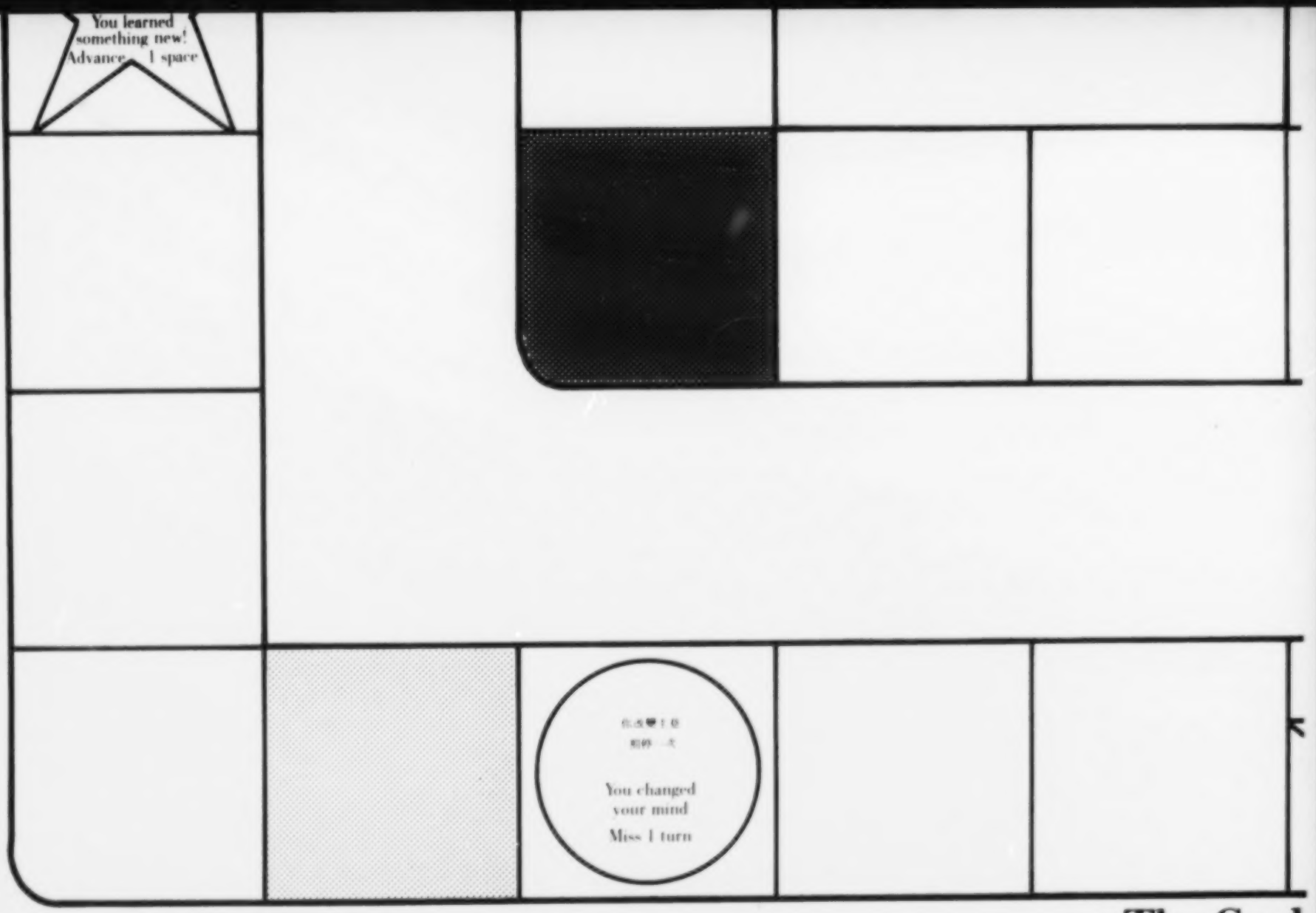
You got sick.
Go back 2 spaces.

你沒有得到應有的訓練
後退兩步

You couldn't get the training you wanted to get.
Go back 2 spaces.

你不聽老師的話
後退一步

You didn't listen to your teacher's advice.
Go back 1 space.



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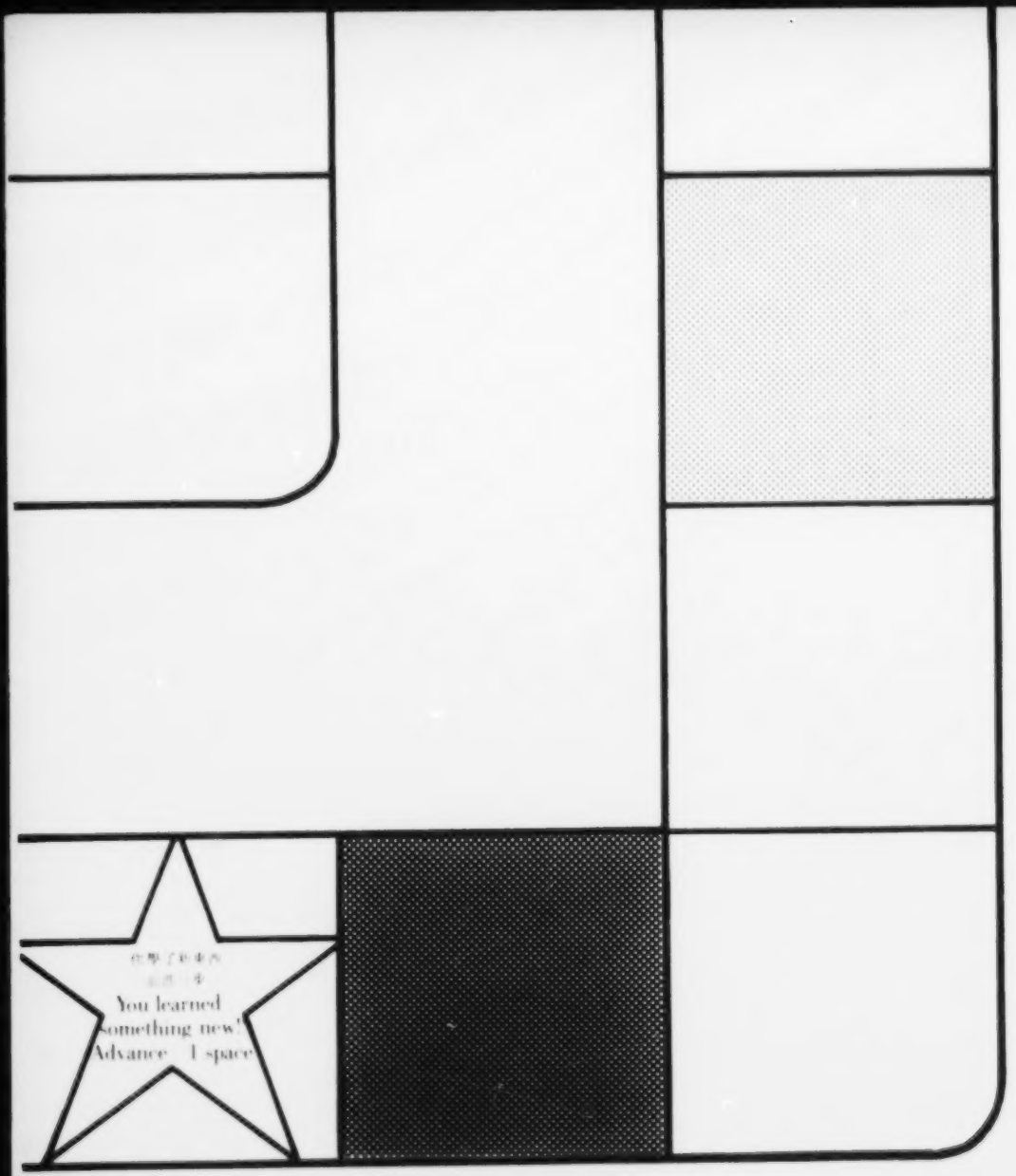

Game

遊戲

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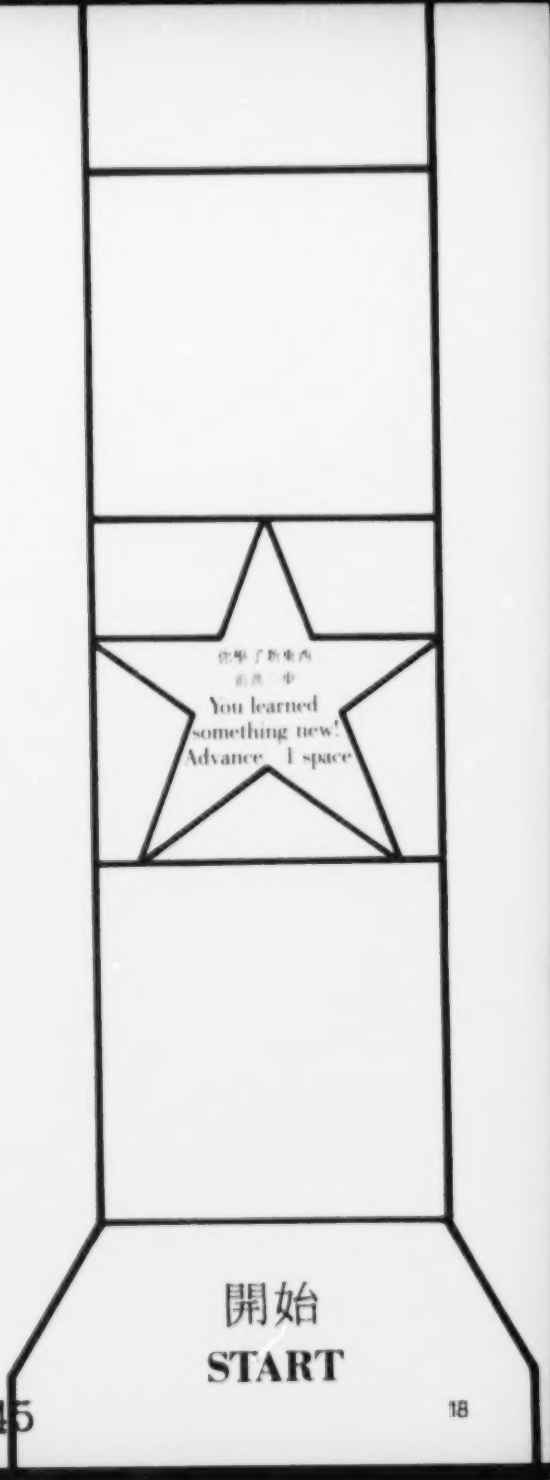
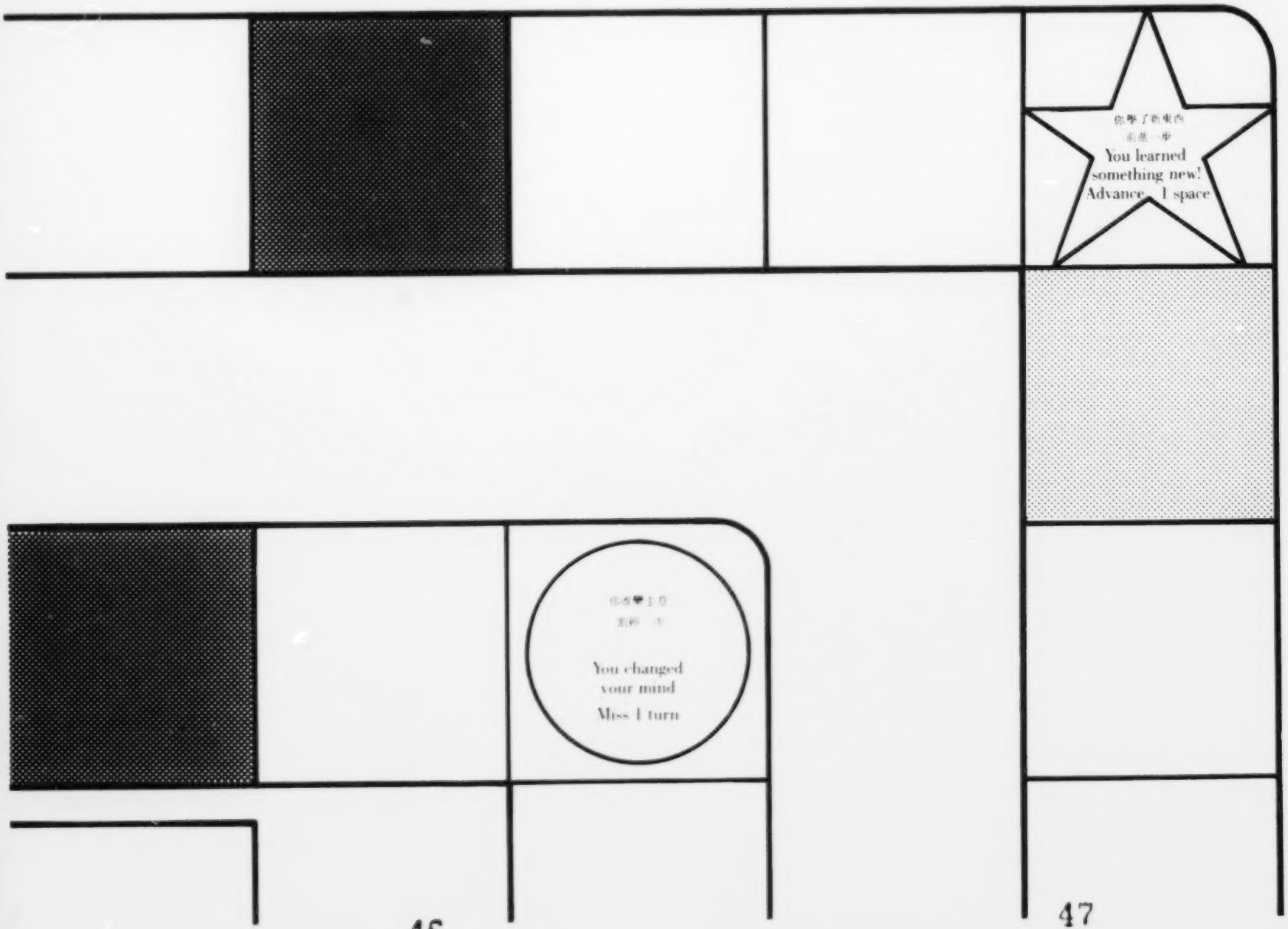
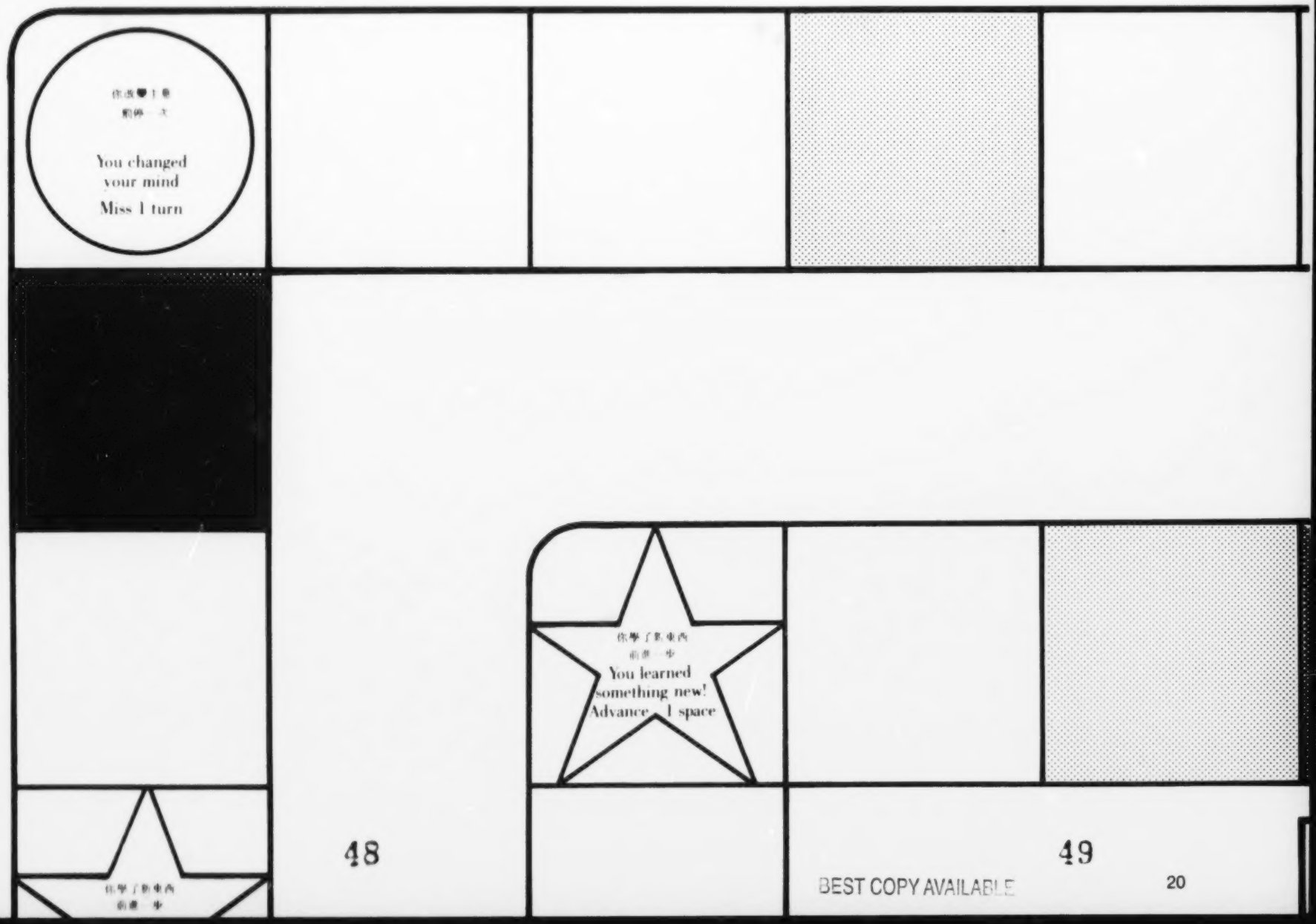
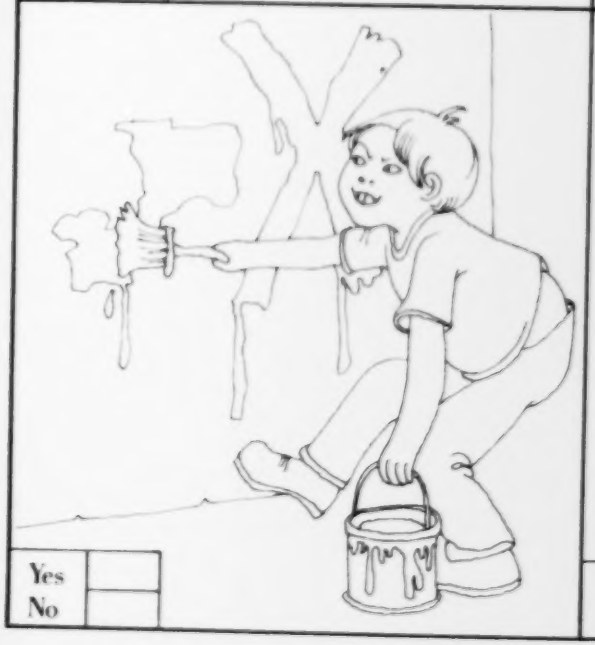
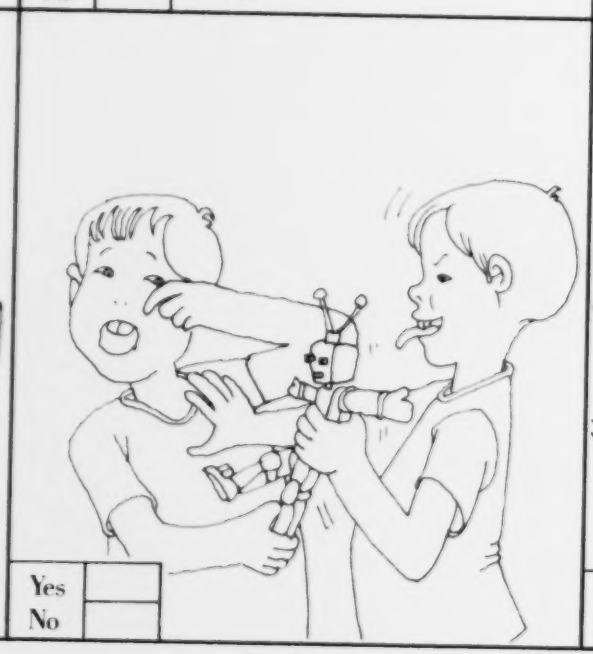


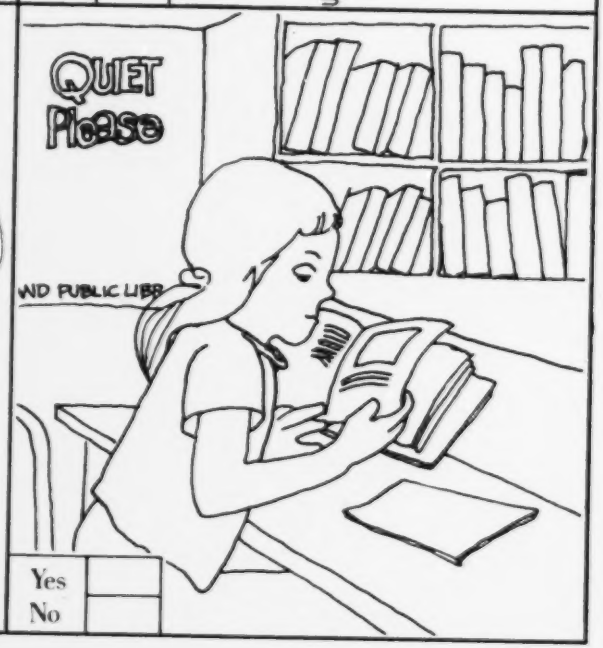

你學了新東西
前進一步
You learned
something new!
Advance 1 space
You changed
your mind
Miss 1 turn
46
47


你改變了主意
前進一次
You changed
your mind
Miss 1 turn
你學了新東西
前進一步
You learned
something new!
Advance 1 space
你學了新東西
前進一步

你有這些權利嗎？ Do you have these rights?







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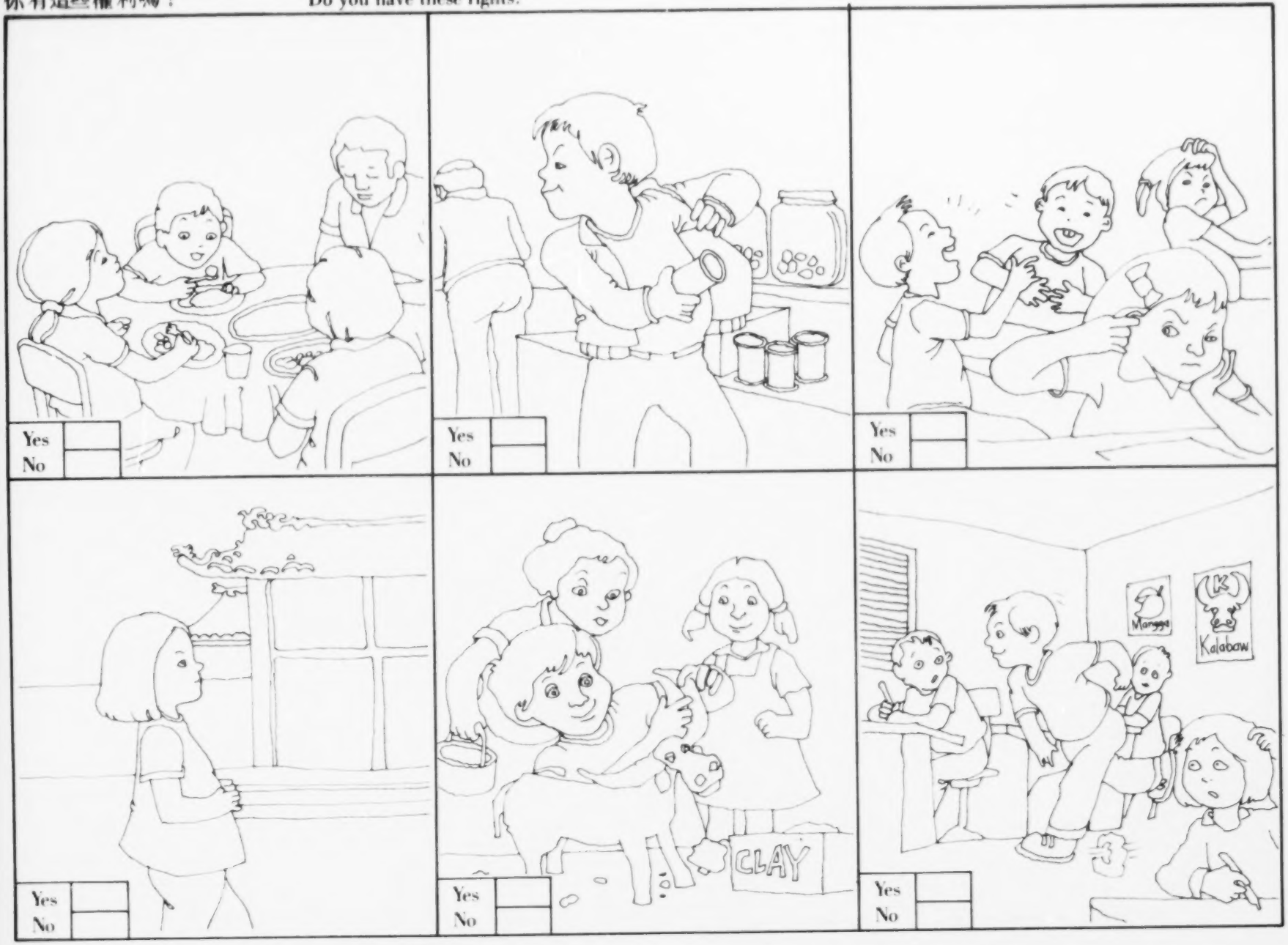

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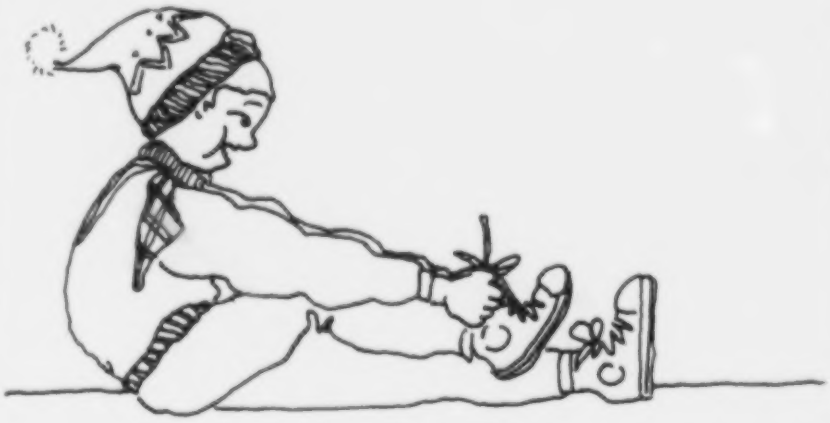
BASIC RIGHTS

Food

Clothing



Shelter

我的家庭圈子
My Family Circle

你的大家庭裏，一共有多少人？
How many people are there in your extended family? _____

你有沒有祖父和外祖父？
How many grandfathers do you have? _____

你有沒有祖母和外祖母？
How many grandmothers do you have? _____

父方的親人：
ON YOUR FATHER'S SIDE:

你有多少個叔父或伯父？
How many uncles do you have? _____

你有多少個姑嬸或伯母？
How many aunties do you have? _____

你有幾個堂兄弟姊妹？
How many cousins do you have? _____

母方的親人：
ON YOUR MOTHER'S SIDE:

你有幾個舅父和姨丈？
How many uncles do you have? _____

你有幾個姨母和舅母？
How many aunties do you have? _____

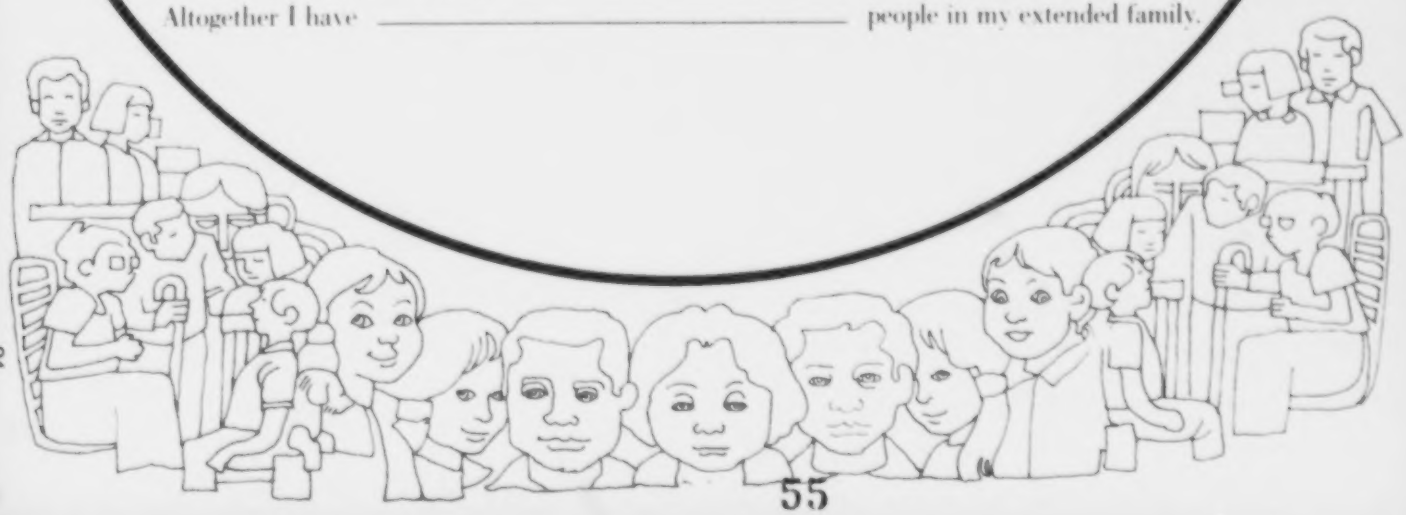
你有幾個表兄弟姊妹？
How many cousins do you have? _____

我自己的家庭：
YOUR OWN FAMILY:

你家裡一共有多少人？
How many people are there in your family? _____

我的大家庭裏，一共有_____個親戚。

Altogether I have _____ people in my extended family.



我的大家庭

My Extended Family

我和親戚一起做的事。

Things I do with my extended family.

我和表／堂兄弟姊妹一起做的事

Things I do with my cousins.

我和家人一起做的事

Things I do with my own family.

叔叔、舅舅、姨姨、阿姨和我一起做的事。

Things I do with my uncles and aunts.

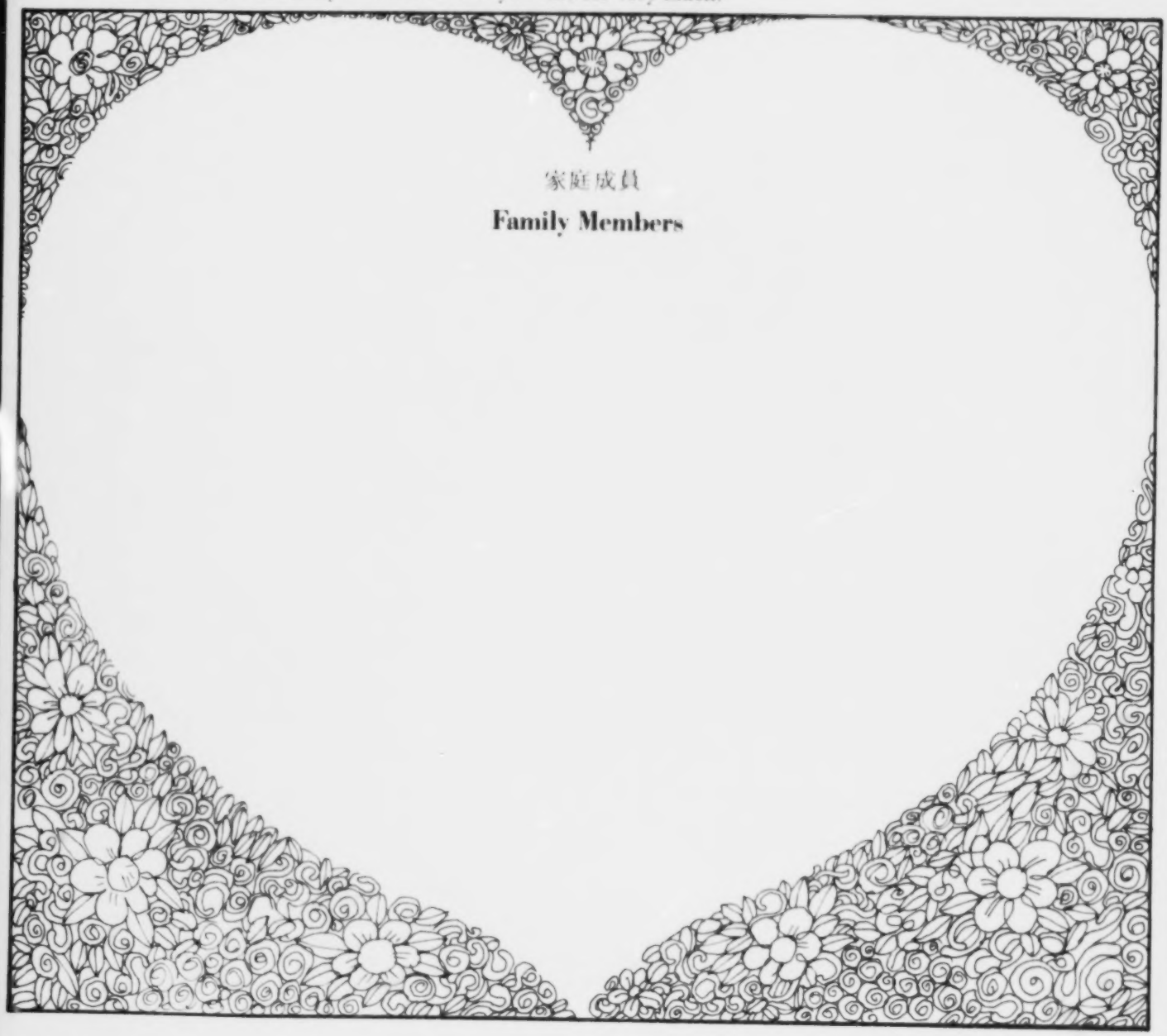
我和親戚一起去的地方

Places where I go with my extended family.

我的大家庭裏用的語言

Language(s) we speak in my extended family.

最少畫出你的大家庭中兩名你喜歡的成員。
Draw at least two extended family members whom you care for very much.



家庭成員

Family Members

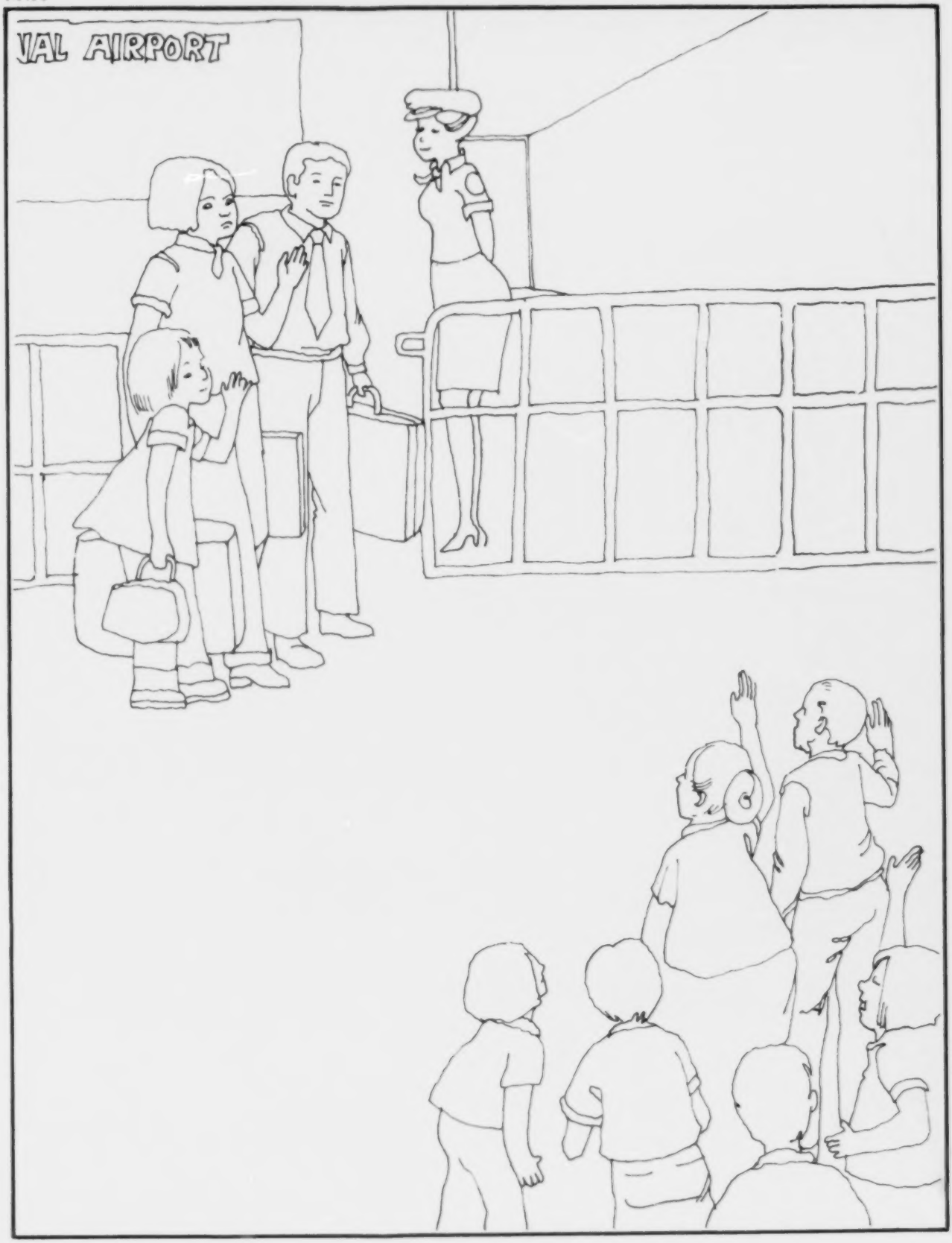
他們是誰？

Who are they? _____

我希望他們

I want them to be _____

_____



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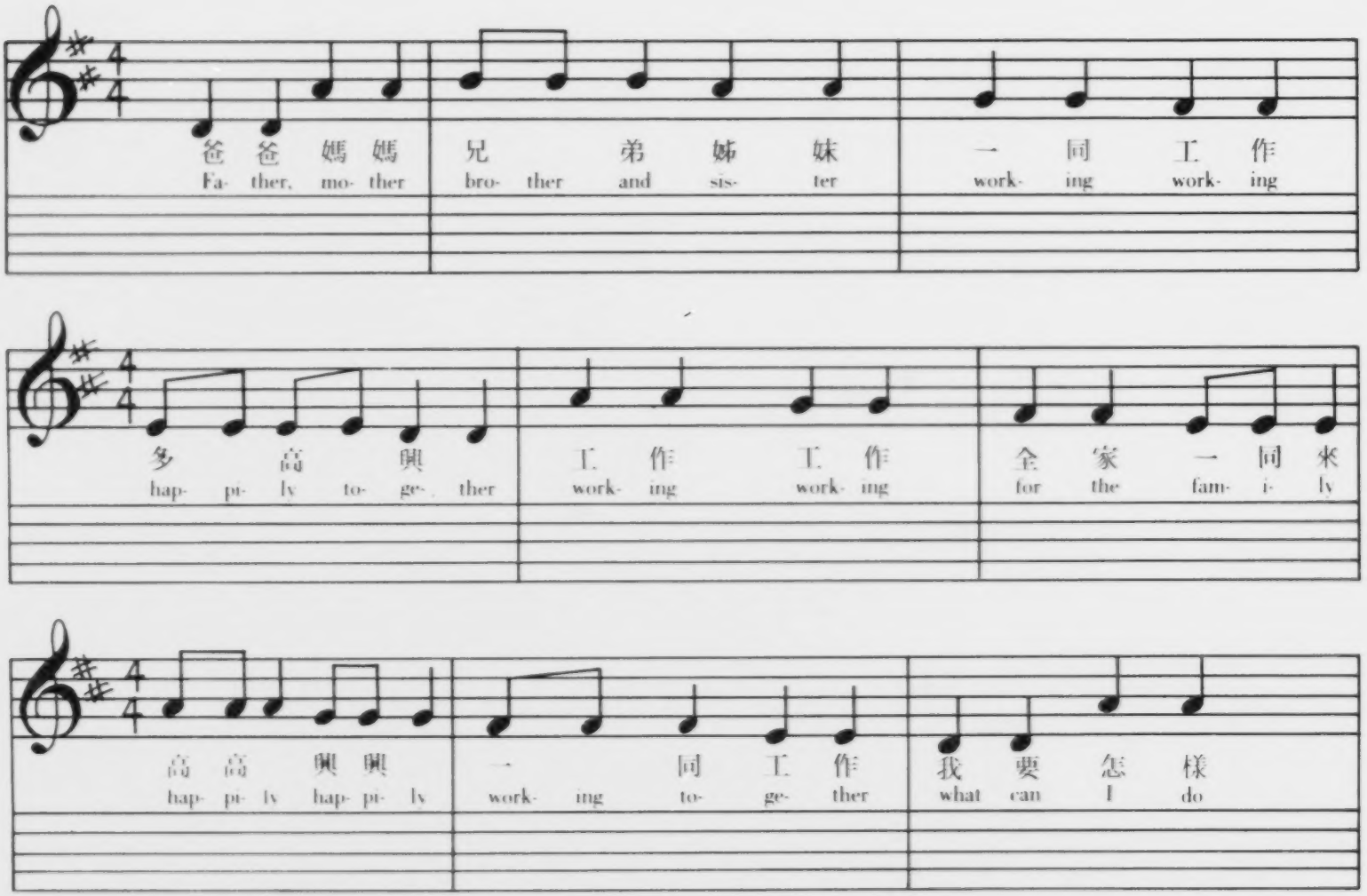
一同工作

WORKING TOGETHER

爸 爸 媽 媽
Fa- ther, mo- ther
兄 弟 姊 妹
bro- ther and sis- ter
一 同 工 作
work- ing work- ing
多 高 興
hap- pi- ly to- ge- ther
工 作 工 作
work- ing work- ing
全 家 一 同 來
for the fam- i- ly
高 高 興 興
hap- pi- ly hap- pi- ly
一 同 工 作
work- ing to- ge- ther
我 要 怎 樣
what can I do

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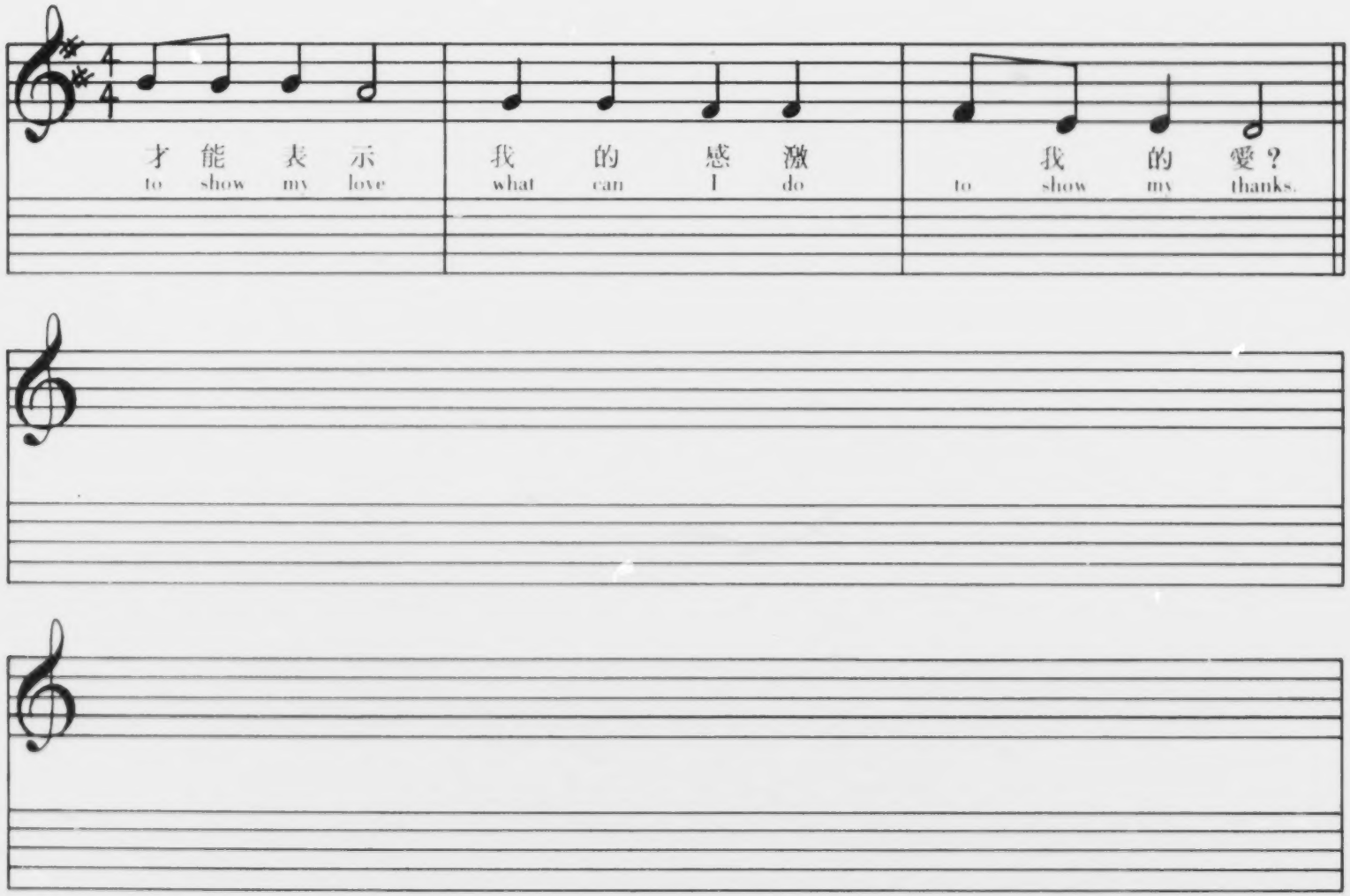
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感到快樂和自豪
FEELING HAPPY AND PROUD

Instructions: Complete the sentences.

……的時候，教師感到快樂和自豪。

A teacher feels happy and proud when

……的時候，車衣女工感到快樂和自豪。

A seamstress feels happy and proud when

……的時候，救火員感到快樂和自豪。

A firefighter feels happy and proud when

……的時候，農夫感到快樂和自豪。

A farmer feels happy and proud when

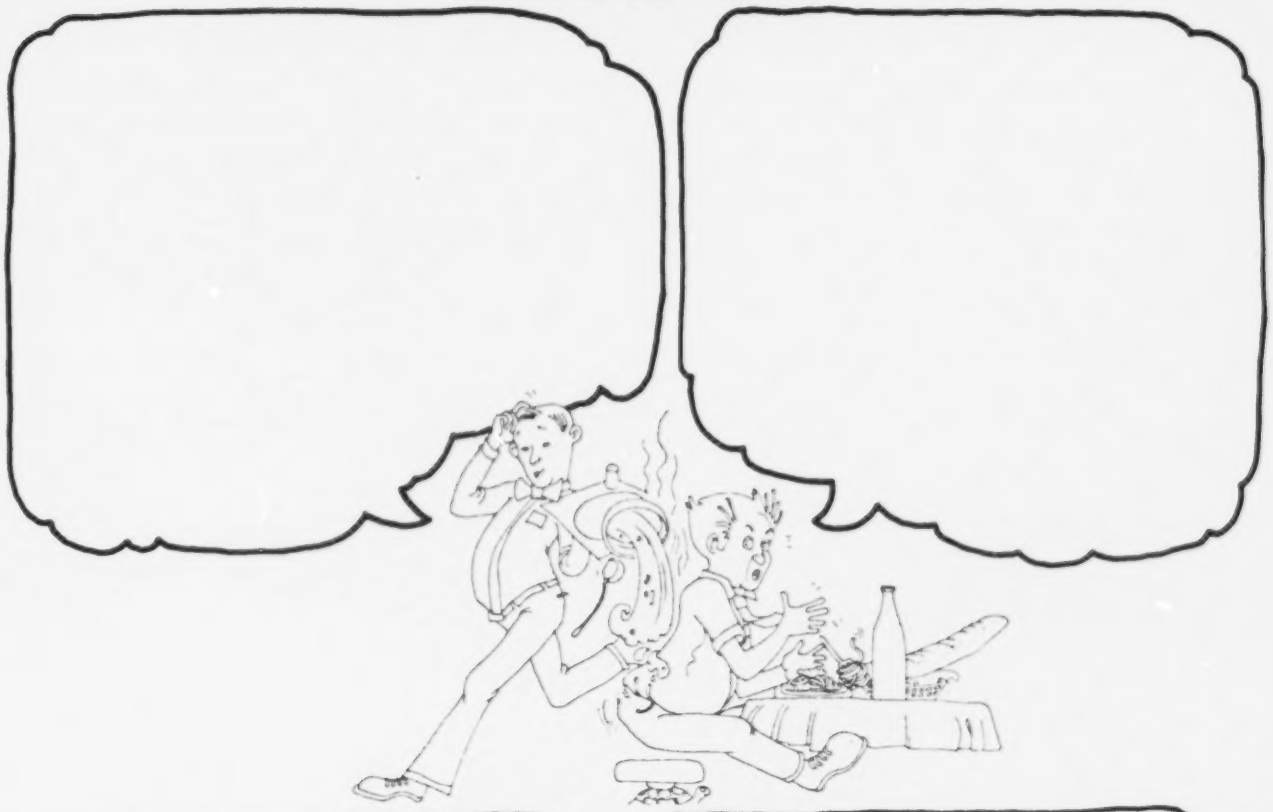
……的時候，厨司感到快樂和自豪。

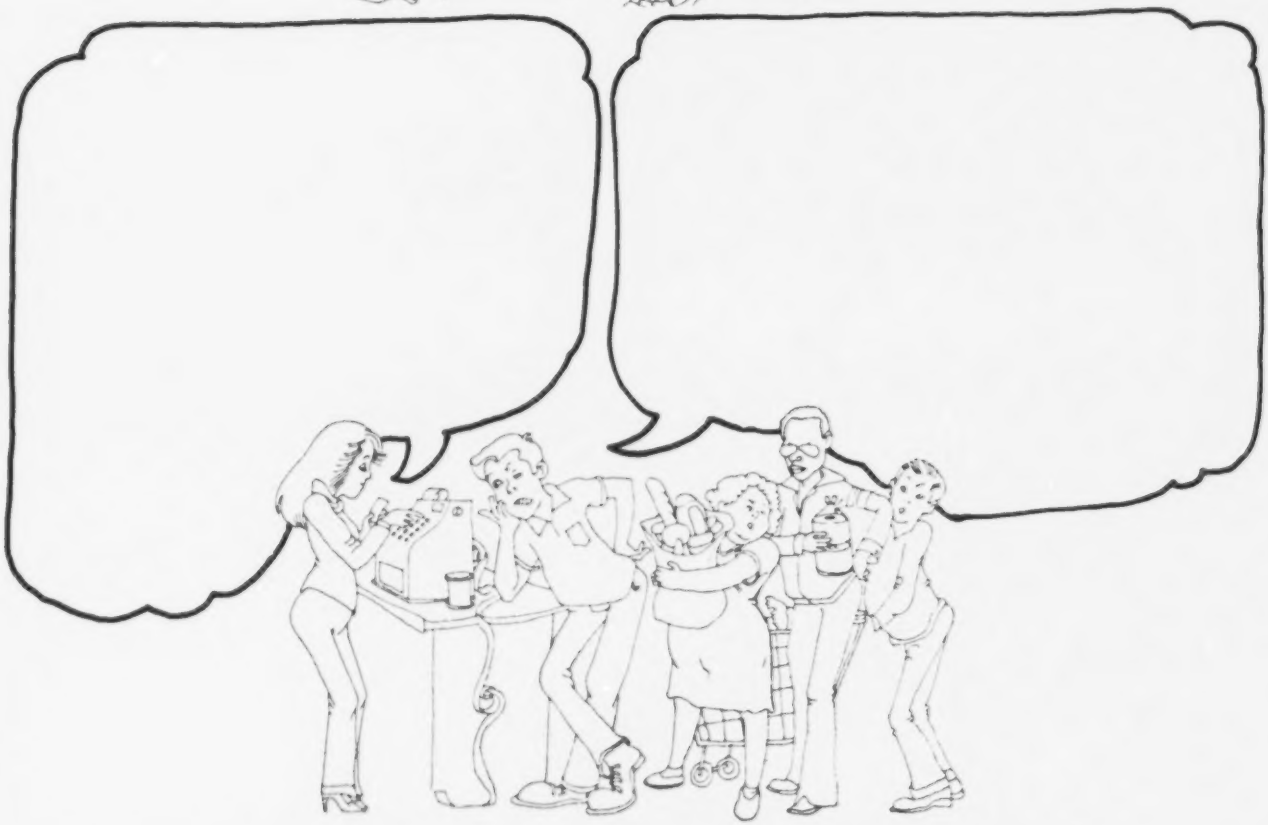
A cook feels happy and proud when

……的時候，我感到快樂和自豪。

I feel happy and proud when

他們說些什麼？
WHAT ARE THEY SAYING?





給每一個圖寫標題

6 Write captions for each scene.

男人能夠做這些事嗎？

CAN A MAN DO THESE THINGS?

能 Yes		不能 No	

爲甚麼能？爲甚麼不能？

Why or why not?

能 Yes		不能 No	

爲甚麼能？爲甚麼不能？

Why or why not?

能 Yes		不能 No	

爲甚麼能？爲甚麼不能？

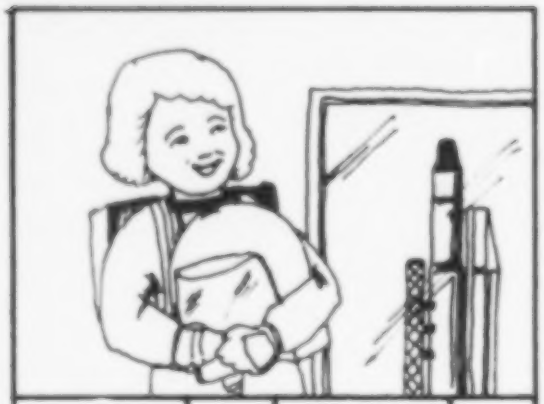
Why or why not?

67

68

女人能夠做這些事嗎？

CAN A WOMAN DO THESE THINGS?



能 Yes		不能 No	

爲甚麼能？爲甚麼不能？

Why or why not?

能 Yes		不能 No	

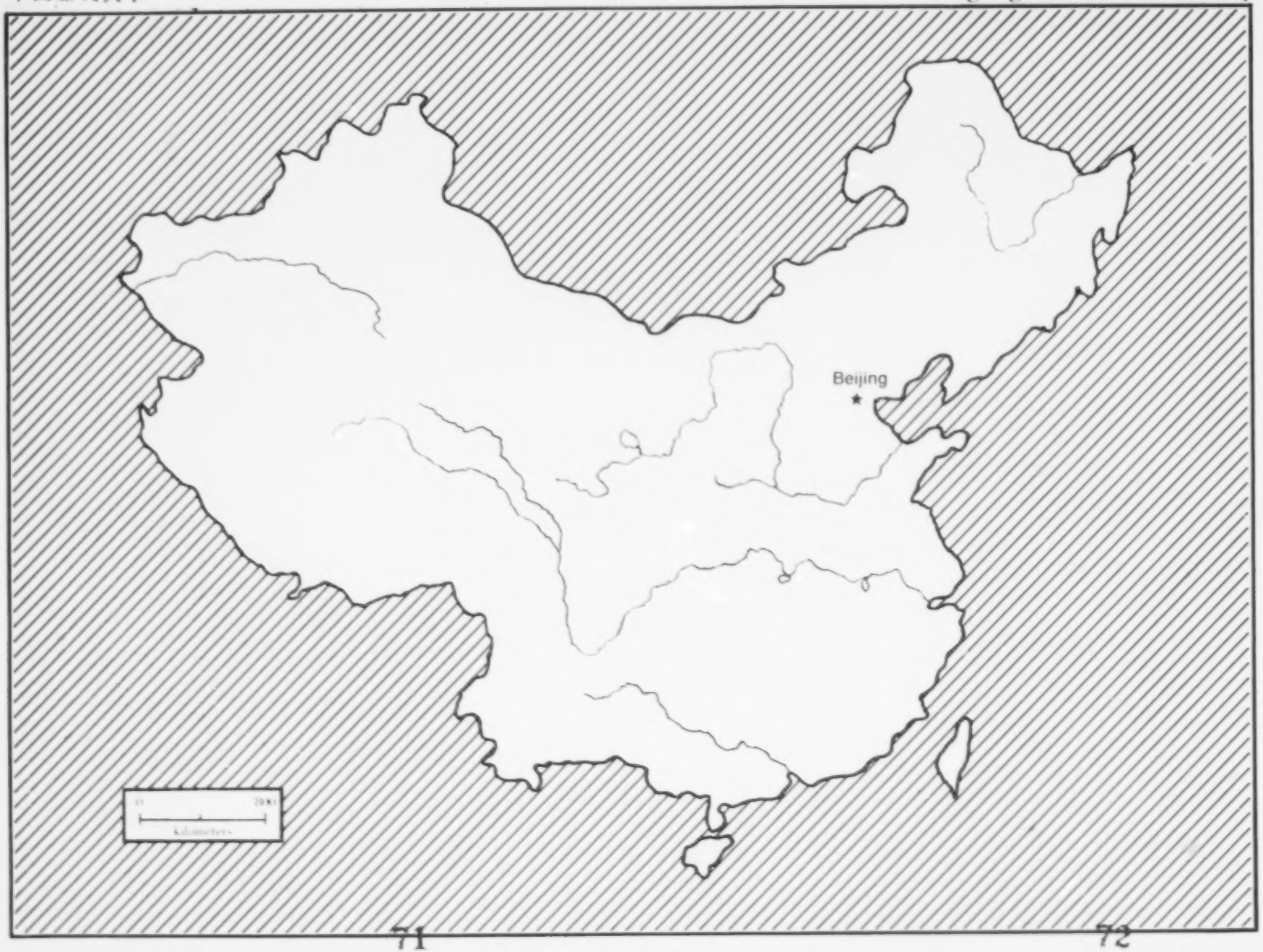
爲甚麼能？爲甚麼不能？

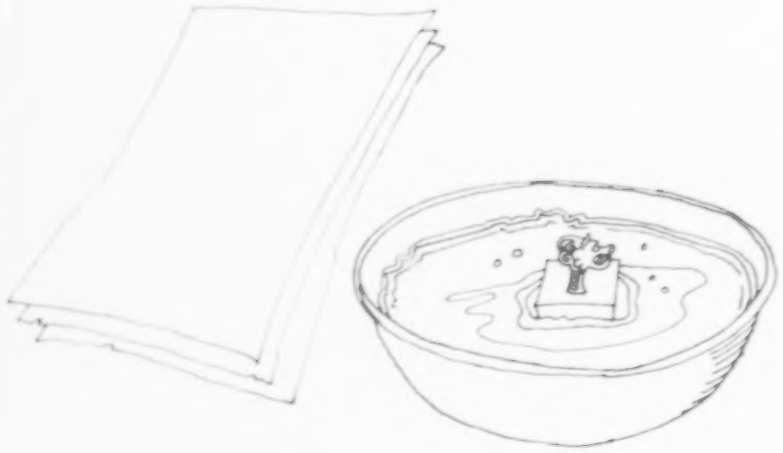
Why or why not?

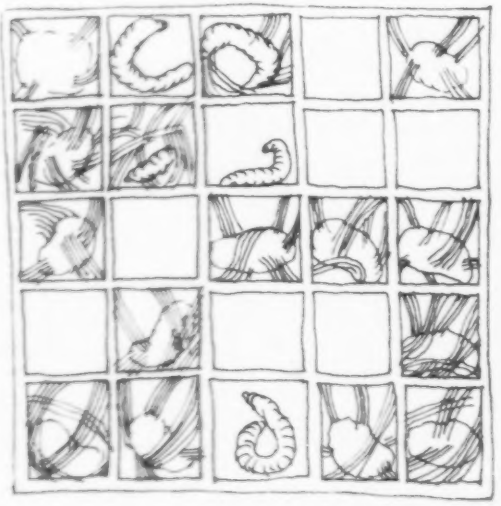
能 Yes		不能 No	

爲甚麼能？爲甚麼不能？

Why or why not?


Beijing
71
72



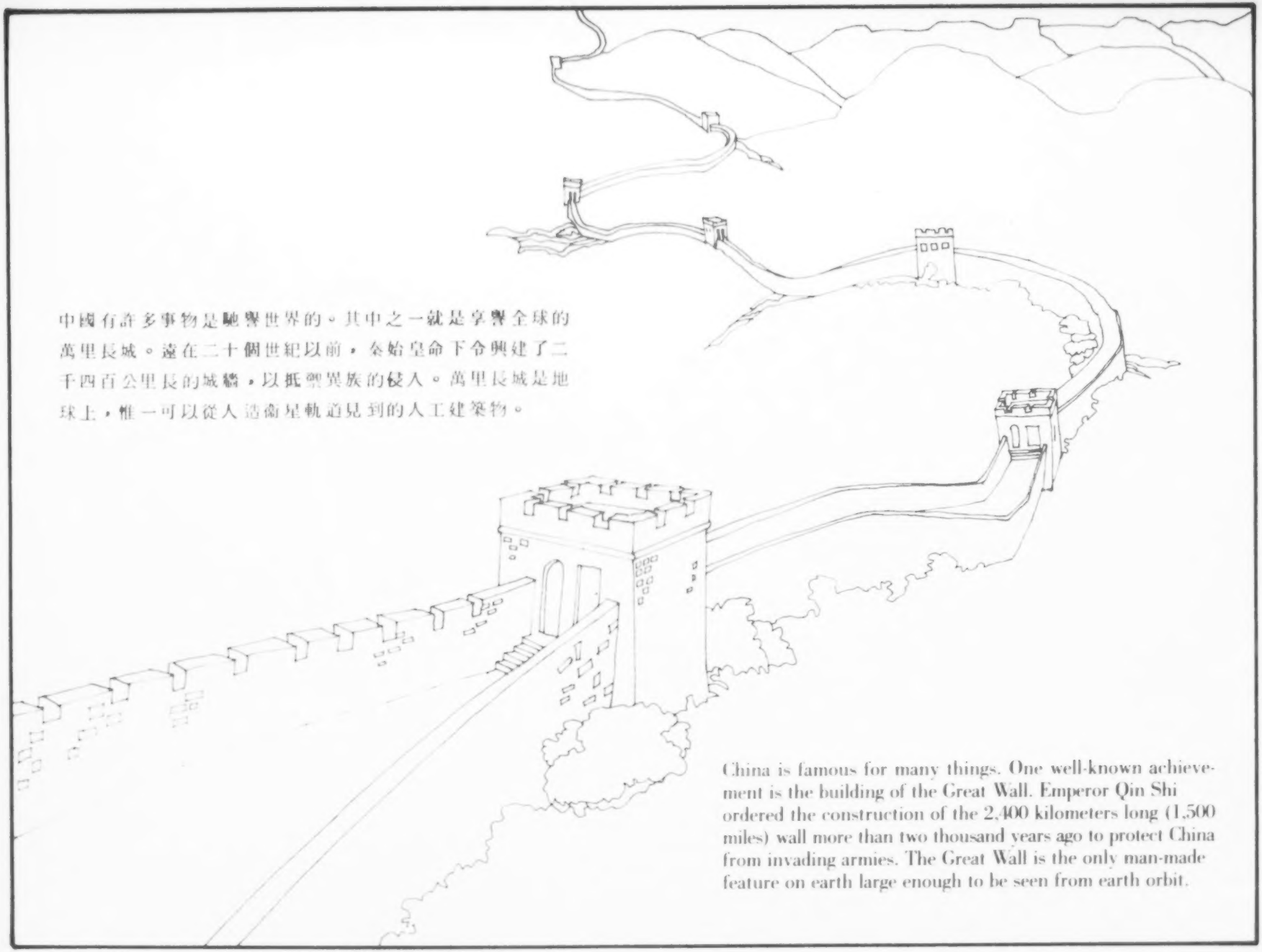


華裔美國人的祖先是從中國來的。中國地大物博，人口約有十億，面積爲九百五十六萬九百平方公里（三百六十九萬一千五百方哩），首都在北京。

許多年前，中國人發明了造紙術，也創製了羅盤。造絲和製火藥也是他們發明的。今日他們所用探測地震的方法，對世界各國也很有用處。

The ancestors of Chinese Americans came from China. China is a large country with a population of one billion and an area 9,560,900 square kilometers (3,691,500 square miles). The nation's capital is Beijing.

Many years ago, the Chinese invented a technique for making paper. They also developed the compass and were the first to make silk and gunpowder. Today they use methods to detect earthquakes that may be as useful to the rest of the world as early Chinese inventions have been.



中國有許多事物是馳譽世界的。其中之一就是享譽全球的萬里長城。遠在二十個世紀以前，秦始皇命下令興建了二千四百公里長的城牆，以抵禦異族的侵入。萬里長城是地球上，惟一可以從人造衛星軌道見到的人工建築物。

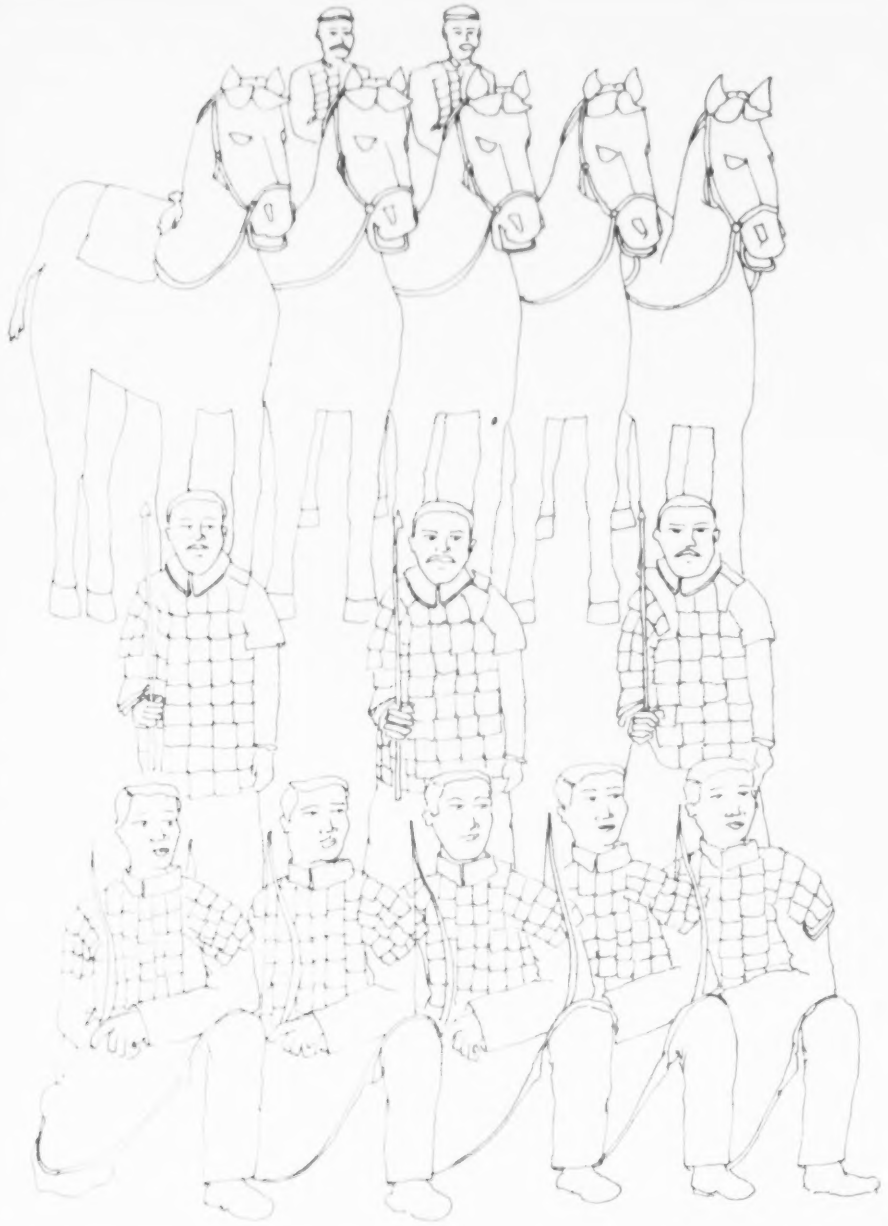
China is famous for many things. One well-known achievement is the building of the Great Wall. Emperor Qin Shi ordered the construction of the 2,400 kilometers long (1,500 miles) wall more than two thousand years ago to protect China from invading armies. The Great Wall is the only man-made feature on earth large enough to be seen from earth orbit.

中國有過許多偉大領袖，建造萬里長城的秦始皇，也是第一位統一中國的君主。在公元前二三八年至二一二年間，他併吞了六國，統一天下。後來，他還使全國的法律、語言文字、貨幣、及度量衡等標準化。

China has had many great leaders. Emperor Qin Shi, who built the Great Wall, is also known as the first ruler of a unified China. Between 238 B.C. and 212 B.C., he created a single empire from the several kingdoms into which the country had formerly been divided. The emperor also standardized laws, written language, currency, and weights and measures.

77

78



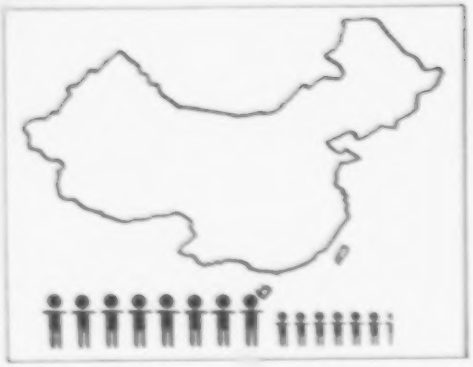
在一九七四年，考古學家發現秦始皇爲自己所建築的富麗堂皇之陵墓。裏面藏有七千五百個，與實物般大小的士兵和馬匹的彫像，顏色鮮明。陵墓的面積有一個現代城市那麼大。士兵們都佩戴兵器，駕著雙輪戰車，排好陣容，等候皇帝檢閱。他們就是皇帝來世的御林軍。目前，在發掘的地點，已興建一座博物館，使中國人及從美國和其他國家來的友人，都能參觀這個壯麗的陵墓。

In 1974, archeologists discovered a magnificent tomb that the emperor had built for himself. Containing 7500 life-size soldiers and horses sculpted in clay and brilliantly painted, the tomb is the size of a modern city. The soldiers, with bronze weapons and chariots, stand in formation for imperial review and were to have protected the emperor in his afterlife.

A museum has been built at the archeological site so that the Chinese and their friends from America and other parts of the world may visit the spectacular tomb.

中國與其他國家
CHINA AND OTHER COUNTRIES

China



中國
人口 865,493,000
面積 9,560,900 km parisukat (3,691,500 milyang parisukat)
人口密度 77 tao/km parisukat (198 /milyang parisukat)

Population 865,493,000
Size 9,560,900 sq km (3,691,500 sq mi)
Population Density 77 people/sq km (198 /sq mi)

US

美國
人口 208,837,000
面積 9,363,123 km parisukat (3,615,122 milyang parisukat)
人口密度 23 tao/km parisukat (59 /milyang parisukat)

Population 208,837,000
Size 9,363,123 sq km (3,615,122 sq mi)
Population Density 23 people/sq km (59 /sq mi)

Brazil

巴西
人口 94,508,554
面積 8,511,965 km parisukat (3,286,486 milyang parisukat)
人口密度 12 tao/km parisukat (30 /milyang parisukat)

Population 94,508,554
Size 8,511,965 sq km (3,286,486 sq mi)
Population Density 12 people/sq km (30 /sq mi)

= 10,000,000

= 10,000,000

S1

0 200 400 600
kilometers

Indonesia

印尼
人口 124,030,000
面積 2,027,087 parisukat 782,663 milyang parisukat)
人口密度 61 tao /km parisukat (159 /milyang parisukat)

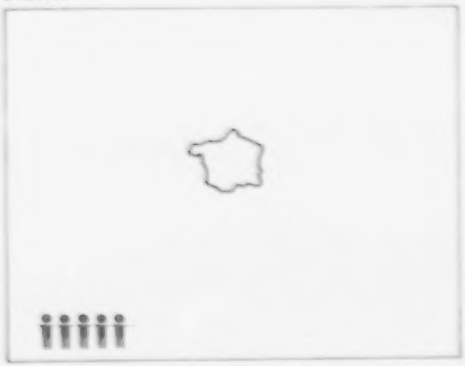
Population 124,030,000
Size 2,027,087 sq km (782,663 sq mi)
Population Density 61 people/sq km (159 /sq mi)

Kenya

肯亞
人口 11,694,000
面積 582,646 km parisukat (224,960 milyang parisukat)
人口密度 21 tao/km parisukat 53 milyang parisukat)

Population 11,694,000
Size 582,646 sq km (224,960 sq mi)
Population Density 21 people/sq km (53 /sq mi)

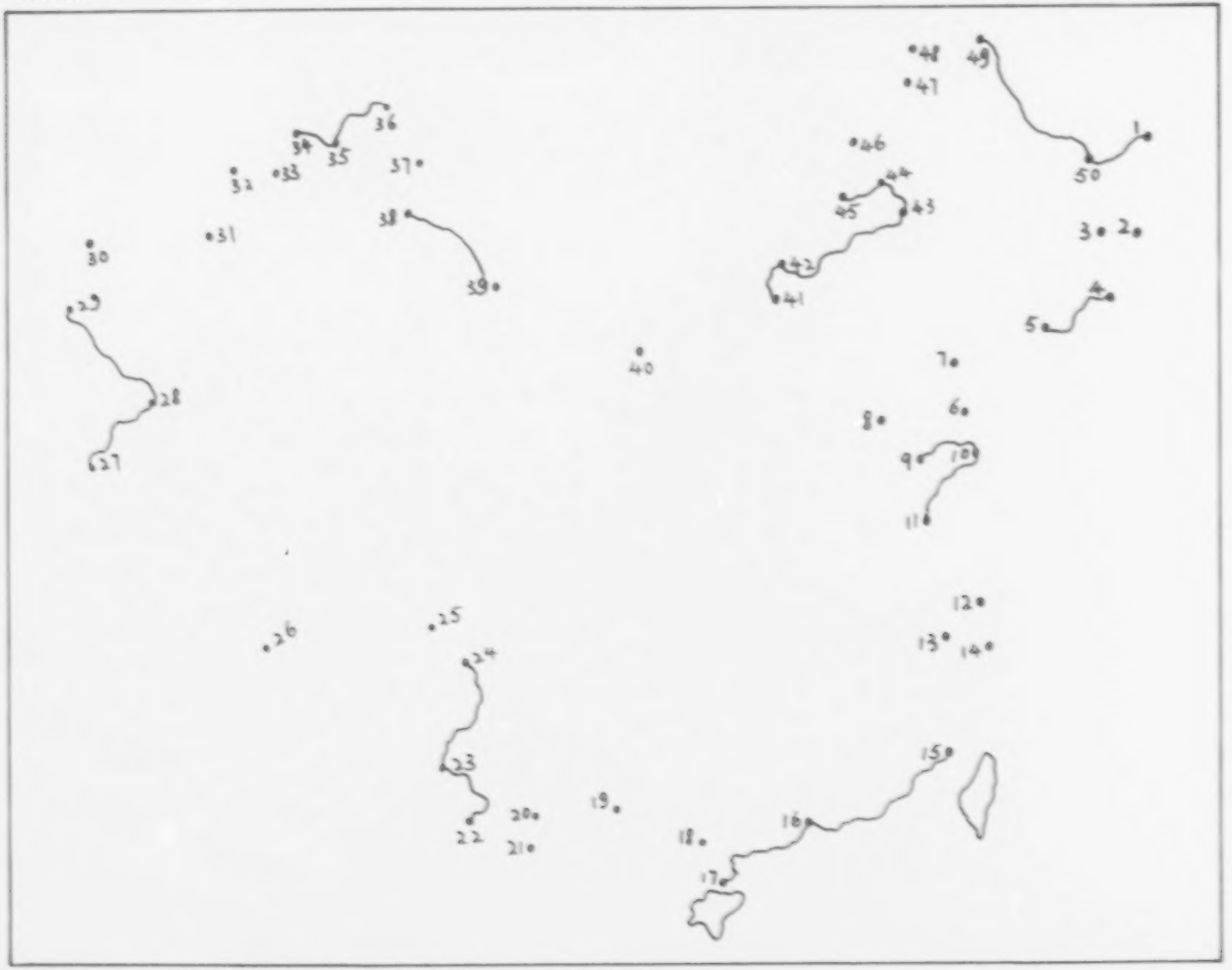
France



法國
人口 51,487,000
面積 551,000 km parisukat (212,742 milyang parisukat)
人口密度 95 tao/km parisukat (245 /milyang parisukat)

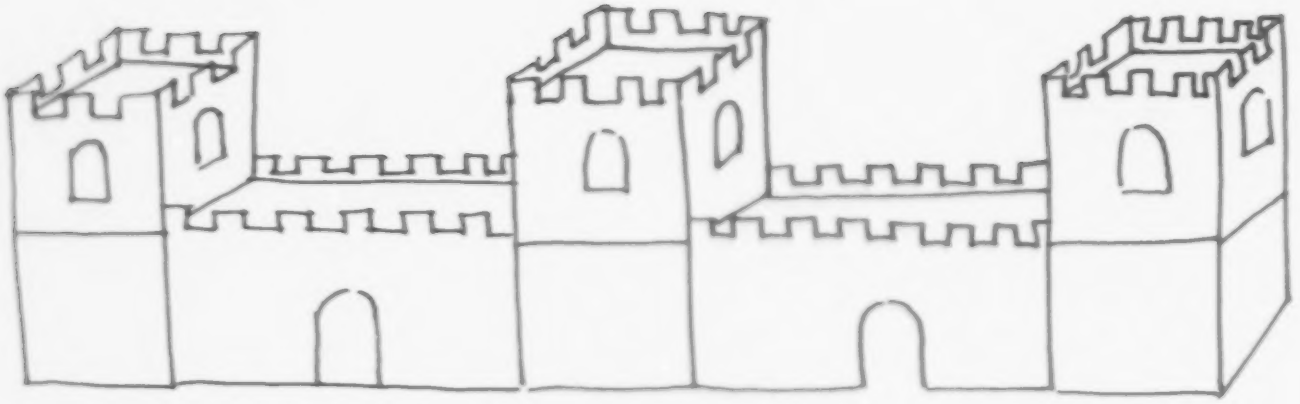
Population 51,487,000
Size 551,000 sq km (212,742 sq mi)
Population Density 95 people/sq km (245 /sq mi)

S2



把點連起來 S3 Connect the dots. S4

GREAT WALL



做法：

1. 照着1A的外形剪出三份圆形。沿着虚线折叠成城楼的边，把边黏在一起。
2. 照着1B的外形剪出三份圆形。沿着虚线折叠，把边缘上胶水，贴在城楼下面半寸的地方。
3. 剪出四份2A圆形做城墙的边。在城楼的每一边贴上两个2A的边。
4. 剪出两份2B圆形，轻轻地把它往下按，约离两边墙下半寸。把折叠的边缘黏好，使成为城墙上的路。

85

Directions:

1. Cut out three copies of 1A on the outline. Fold on the dotted lines to form the sides of the watch tower. Glue the sides together.
2. Cut out three copies of 1B on the outline. Fold on the dotted lines. Glue on the sides and press it about ½" down on top of the watch tower.
3. Cut out four copies of 2A to form the side of the wall. Glue two on each side of the watch towers.
4. Cut out two copies of 2B and press it gently down on the middle of the walls on both sides, about ½" down. Glue the folded ends to form the road on top of the walls.

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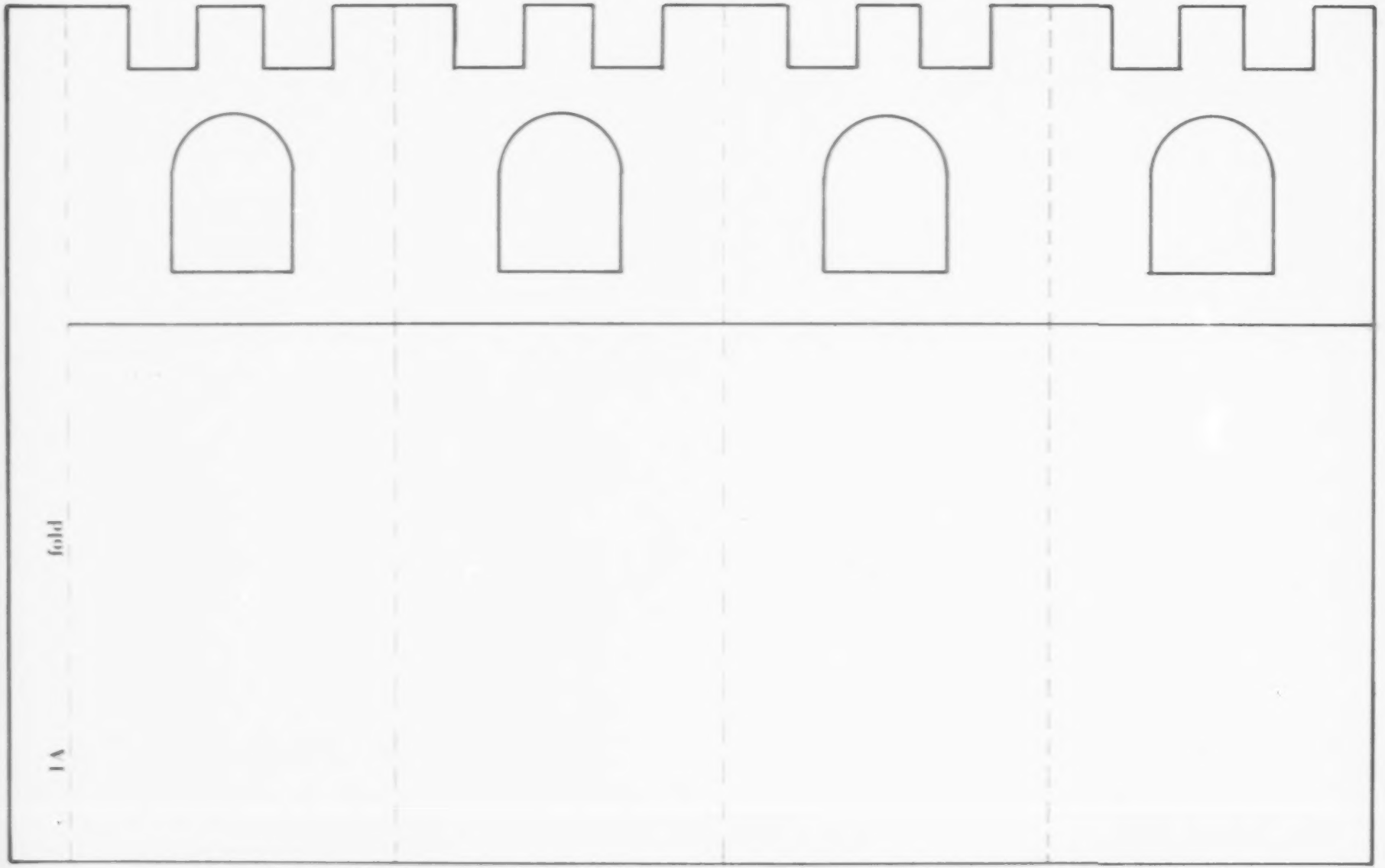
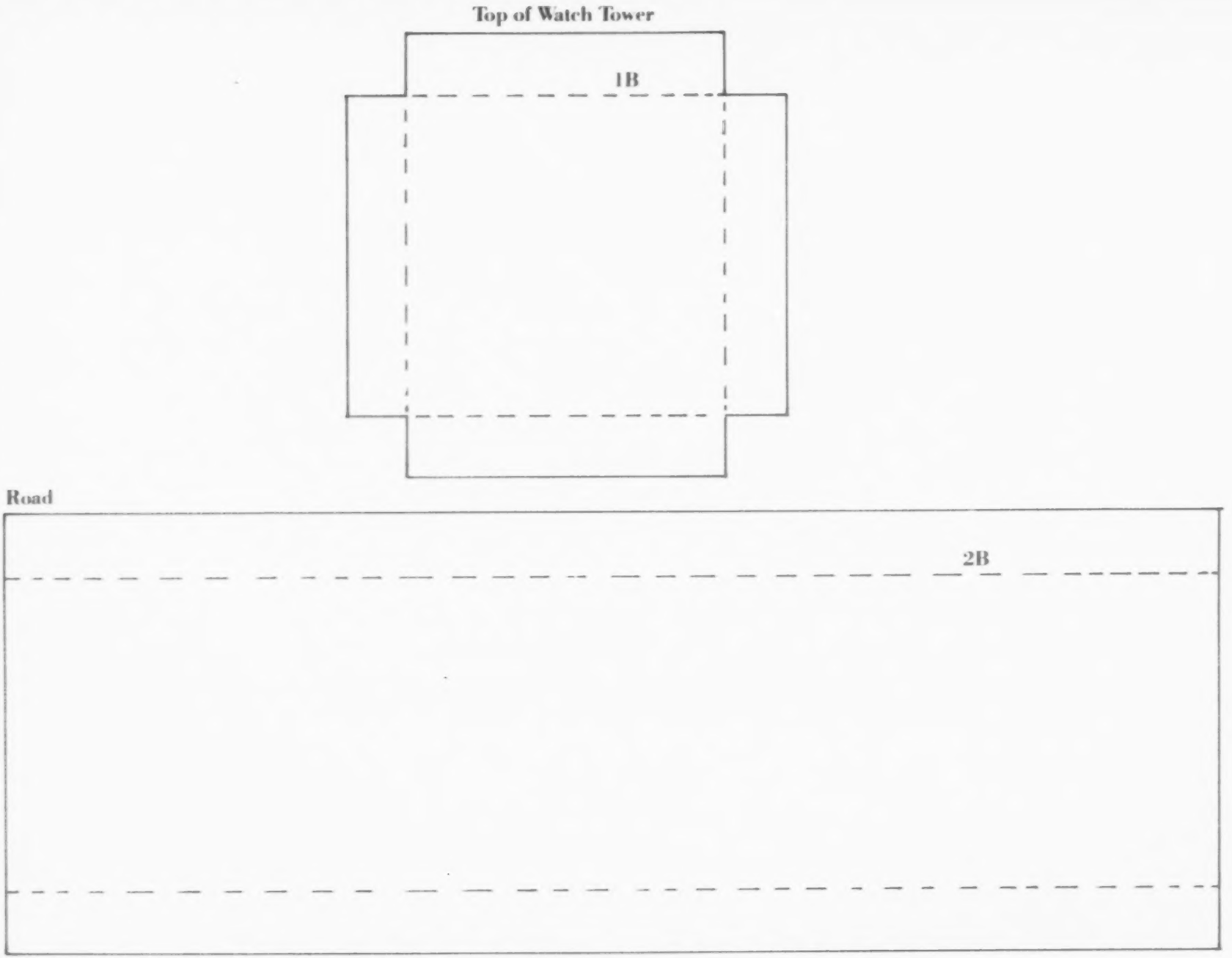
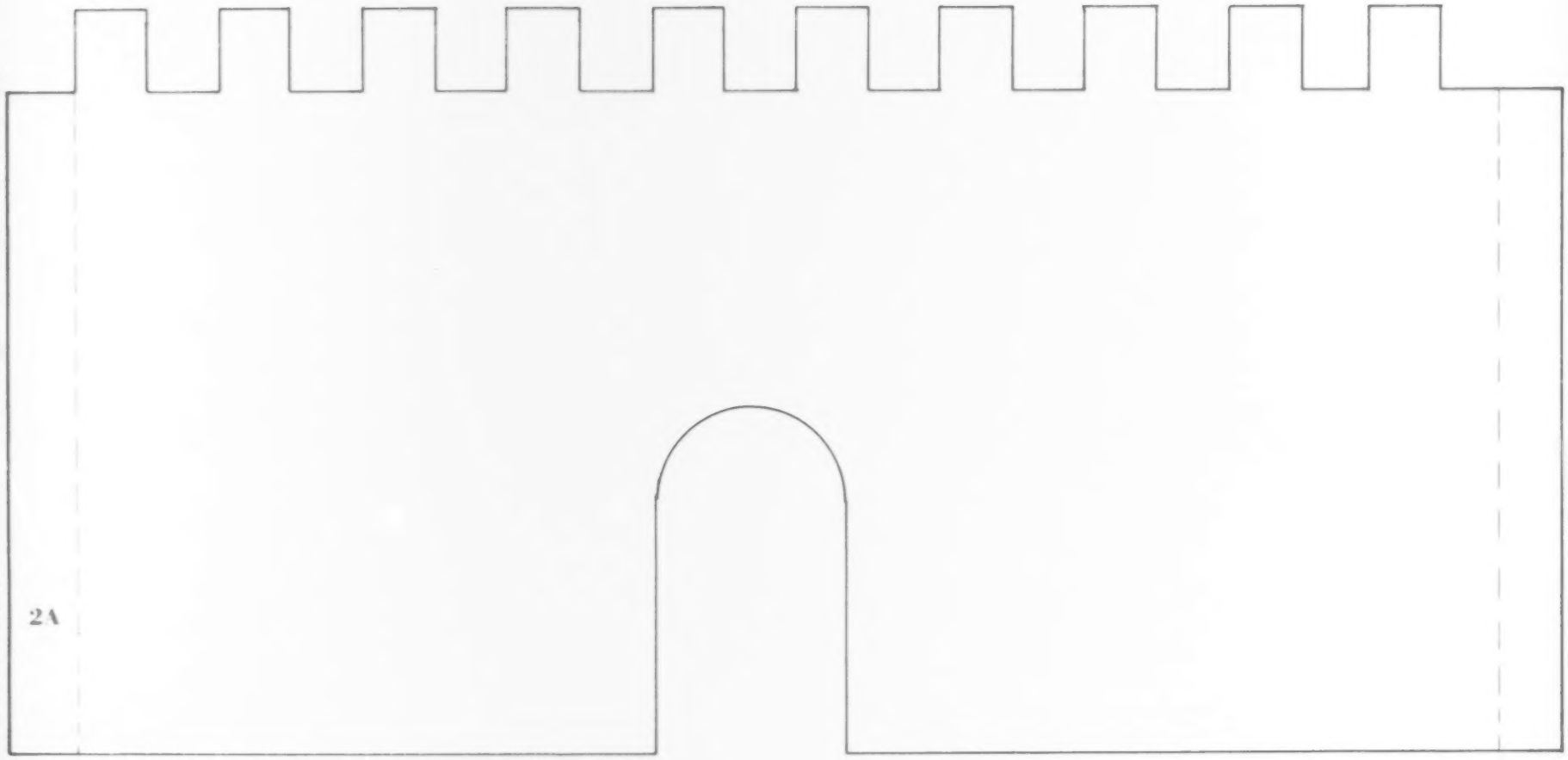
Watch Tower





89 90

Walls



日本歷史大事

日本是一個島嶼國家。其中四個大島的名字是北海道 Hokkaido、本州 Honshu、四國 Shikoku、和九州 Kyushu。日本也是一個多山的國家，有許多活火山。

日本全國人口約有一億零五百萬。首都是東京，人口有九百萬，是世界上人口密度最高的城市。

Highlights of Japanese History

Japan is an island country. The four islands of Japan are Hokkaido, Honshu, Shikoku and Kyushu. Japan is also a mountainous country, with many active volcanoes.

The population of Japan is 105 million. Its national capital is Tokyo, the world's most populous city with nine million residents.

日本自稱爲太陽的國土，所以它的國旗有一個紅太陽，而以白色爲背景。傳說日本人是太陽女神 Amateratsu 的後裔。曾有一段很長的時間，日本人相信他們的皇帝也是天神。公元七九二年至一八六八年間，日本的首府是京都（ Kyoto ）。日皇和他的一家住在那裏的皇宮內。京都那時不但是政治中心，還是文化中心。Noh 劇、茶道、及插花藝術等都是在這裏發展成長的。武士階級的日本武士採納了神道教，並使它盛行於京都。今天所見的金閣、銀閣、及 Niji 臺，都使人難忘。京都在日本歷史和文化上的重要性。

Japan calls itself the land of the sun. Its flag has a red sun on a white background. In legends, it is said that the Japanese descended from Amateratsu, the Sun Goddess. For a long time, it was believed that the emperors of Japan were gods too. From 792 to 1868, Kyoto was the capital of Japan. The emperor and his family lived there in the Imperial Palace.

Kyoto was the center not only of politics but also of culture. Noh drama and the arts of the tea ceremony and flower arrangement were developed there. The samurai, Japan's warrior class, adopted Zen Buddhism and enabled it to flourish in Kyoto. Today, the Golden Pavilion, the Silver Pavilion and Niji Castle are reminders of Kyoto's importance in Japanese history and culture.

明治天皇是日本最偉大的領袖之一，日本之所以能追上時代，該歸功於他。在他的統治期間（一八六八年至一九一二年），政治和社會都起了很大的變化。

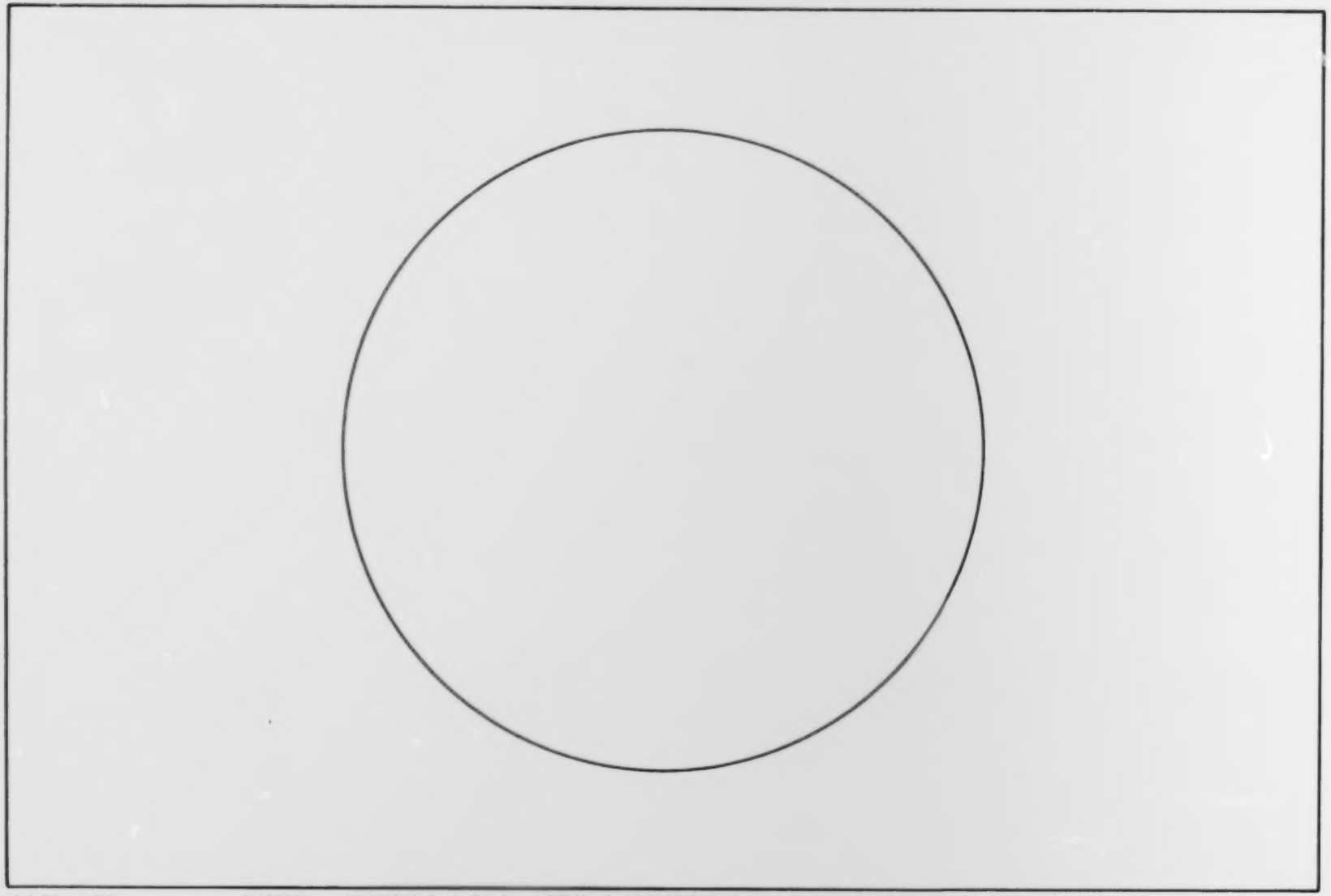
在衆多的變化當中，以下列諸項最爲重要：成立一個君主立憲的中央政府、創立全國性的郵政服務、發展陸軍、海軍、及全國性的保安組織、開辦鐵路及船務、派學生出國留學、以及研究西方的科學和工業技術。

One of Japan's most famous leaders was Emperor Meiji. He is credited with the modernization of Japan. During his rule from 1868 to 1912, many political and social changes were made.

Among them were the establishment of a centralized government with a constitution, the creation of a national postal service, the development of a conscript army, a new navy and a national police force, the establishment of railroad and steamboat lines, and the sending of students to foreign countries to study Western science and technology.

日本國旗

FLAG OF JAPAN

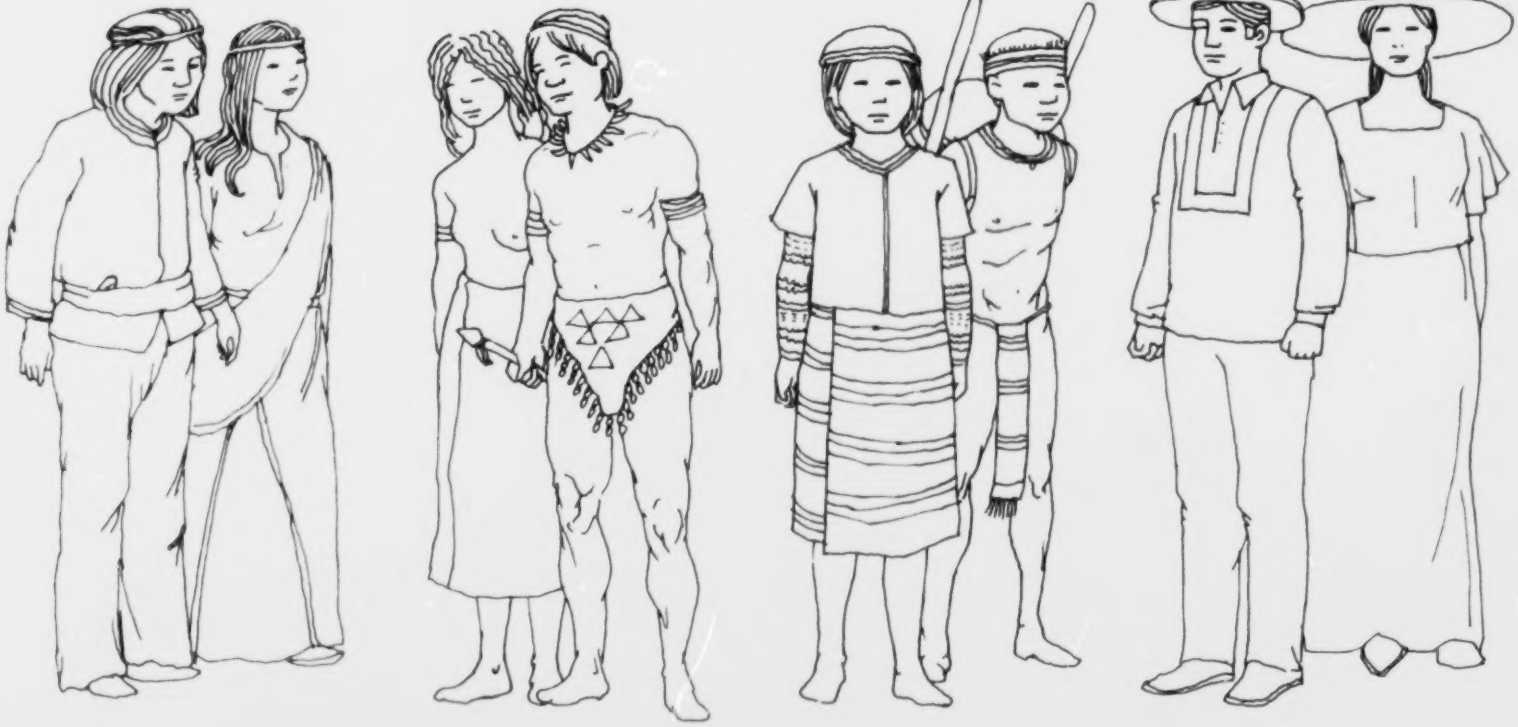


這是一面 _____ 的國旗。把圓圈塗上紅色。國旗中的圓圈代表

This is a flag of _____. Color the circle red. The red circle in the center of the flag stands for the _____。日本也被稱做 _____ 之境。

_____ Japan is called the land of _____.

99 160



菲律賓歷史大事

菲律賓由羣島合成。它的居民包括很多不同種族和言語的人。

Highlights of Philippine History

The Philippines is an archipelago. Its population consists of many groups of different ethnic and language backgrounds.

101

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菲律賓一度由西班牙統治，後來，它又受美國統治，但是菲律賓人民反抗西班牙人和美國人，爭取獨立。

The Philippines was once governed by Spain. Later, it was ruled by the United States. But the Filipinos fought against the Spaniards and Americans for independence.

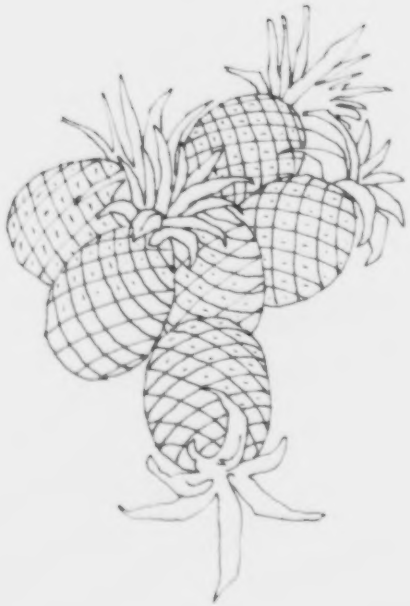
Jose Rizal

Andres Bonifacio

Emilio Aguinaldo

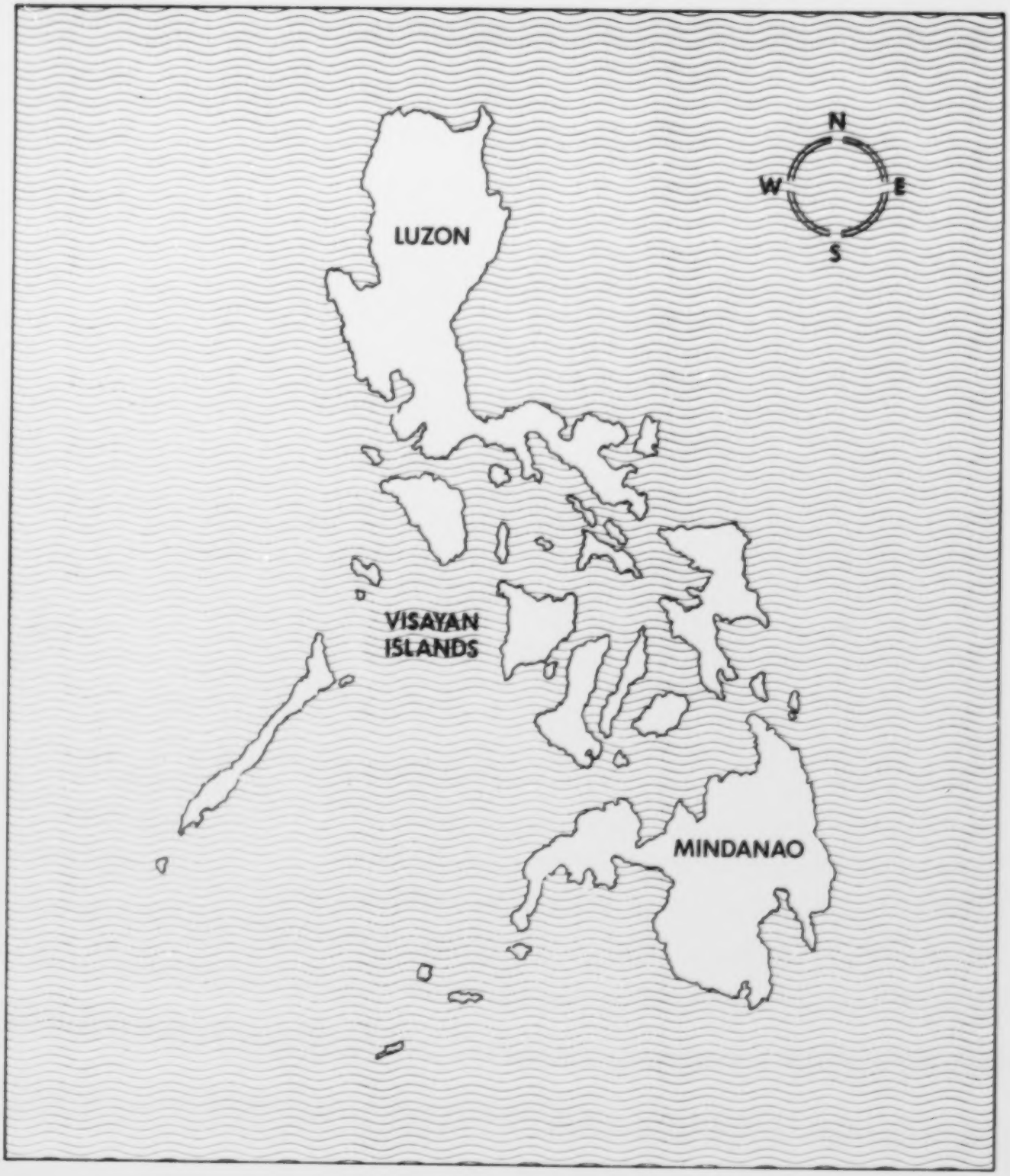
菲律賓最有名的領袖是 Jose Rizal, Andres Bonifacio 和 Emilio Aguinaldo，他們領導人民爭取自由。

The most famous leaders were Jose Rizal, Andres Bonifacio, and Emilio Aguinaldo. They led their people in their fight for freedom.



一九四六年七月四日，菲律賓終於成爲一個獨立的國家，今天，它供應全世界大量的糖、菠蘿和椰子。

On July 4, 1946, the Philippines became an independent nation. Today, it provides the world with much of its sugar, pineapples, and coconuts.



THE PHILIPPINES

0 200

kilometers

菲律賓

菲律賓位於亞洲東南部，是由七千多個島嶼組成的島國。最大的一個島在北面，叫 Luzon 。第二大的島在南面：Mindanao 。處於中部的一組島叫 Visayas 。許多島嶼上都有火山。

菲律賓處於熱帶，距離赤道不太遠。它有各種植物和動物。人口約爲四千二百萬，首都和最大的城市是馬尼拉。

問題與活動：

1. 在世界地圖上找出菲律賓。同時找出 Luzon ，Visayas 和 Mindanao 。找出馬尼拉。
2. 美國有一州是由島嶼組成的，說出這一州的名字。你認爲菲律賓和這個州相似嗎？還有那一個國家也是由島嶼組成的？（日本）它們有何共通及相異的地方？
3. 你希望住在島上嗎？你將會遇到些什麼困難？住在島嶼的好處是什麼？
4. 統治島國的困難有那幾項？

The Philippines

The Philippines is off the southeast coast of the Asian mainland. It is an archipelago of seven thousand islands. The biggest island, to the north, is Luzon (loo-ZON). The second biggest island, to the south, is Mindanao (min-dah-NAO). The group of islands in the middle is called the Visayas (vee-SAH-yas). Many of the islands have volcanoes.

The Philippines is tropical; that is, it is near the Equator. It has lots of plants and animals. About 42 million people live in the Philippines. Its capital and largest city is Manila.

Questions and activities

1. Find the Philippines on a world map. Find Luzon, the Visayas, and Mindanao. Find Manila.
2. One state in the U.S. is made up of islands. Name the state. Do you think the Philippines is like this state? How are they different, and how are they the same? What other country have you studied that is made up of islands? (Japan) How are they similar? Different?
3. Would you like to live on an island? What problems might you have? What are some good things about living on an island?
4. Why is it hard to run a country that is made up of so many islands?

The Barangays

請把正確的答案圈出。

1. 1 黎明之民了是甚麼人？
   a datus
   b 馬來人
   c 菲律賓古代居民
2. 有些人從外地遷到菲律賓定居。他們從亞洲大陸出發，經過_____到羣島上來。
   a 一道路橋。
   b 一條河。
   c 一處森林。
3. barangay 是甚麼？試圈出兩個答案。
   a 領袖。
   b 船。
   c 社區。
4. 在barangays上的是些甚麼人？
   a 1 黎明之民了。
   b 南部島嶼上的家庭。
   c 中國人。
5. 他們的領袖叫甚麼名字？
   a Tagalogs。
   b datus。
   c 總統。
6. 他們在哪裏建立村落？
   a 靠近海岸和河邊。
   b 在山區高處。
   c 在陸橋上。
7. 這些人分散在幾千個島上，因此發展出不同的文化和生活方式。

The Barangays

Circle the correct answers.

1. Who were the "dawn people"?
   a. datus
   b. Malays
   c. the first Filipino people
2. Travelers came to live in the Philippines. They crossed a _____ between the Asian mainland and the islands.
   a. land bridge
   b. river
   c. forest
3. What is a barangay? Circle two answers.
   a. leader
   b. boat
   c. community
4. Who were the people on the barangays?
   a. the dawn people
   b. families from islands to the south
   c. Chinese
5. What were their leaders called?
   a. Tagalogs
   b. datus
   c. presidents
6. Where did these people build their villages?
   a. near ocean shores and river banks
   b. high in the mountains
   c. on a land bridge
7. Several cultures and ways of life developed among these people because they were separated on thousands of islands.
   a. True
   b. False
8. Some of the ethnic groups that developed are Tagalogs, Ilocanos, and _____.
   a. Americans
   b. Igorots
   c. Indonesians

a 對。

b 不對。對

8. 發展出來的種族包括 Tagalogs 、Ilocanos 、和_____。

a 美國人。

b Igorots 。

c 印尼人。

9. barangays 的人重視甚麼？圈出一個、兩個、或全部答案。

a 家庭。

b 合作。

c 自由。

10. Barangay 人的生活和非裔美國人的生活，在某些方面是很相似的。

a 對。

b 不對。

9. What did the people of the barangays think was important? Circle one, two, or three answers.

a. family

b. cooperation

c. freedom

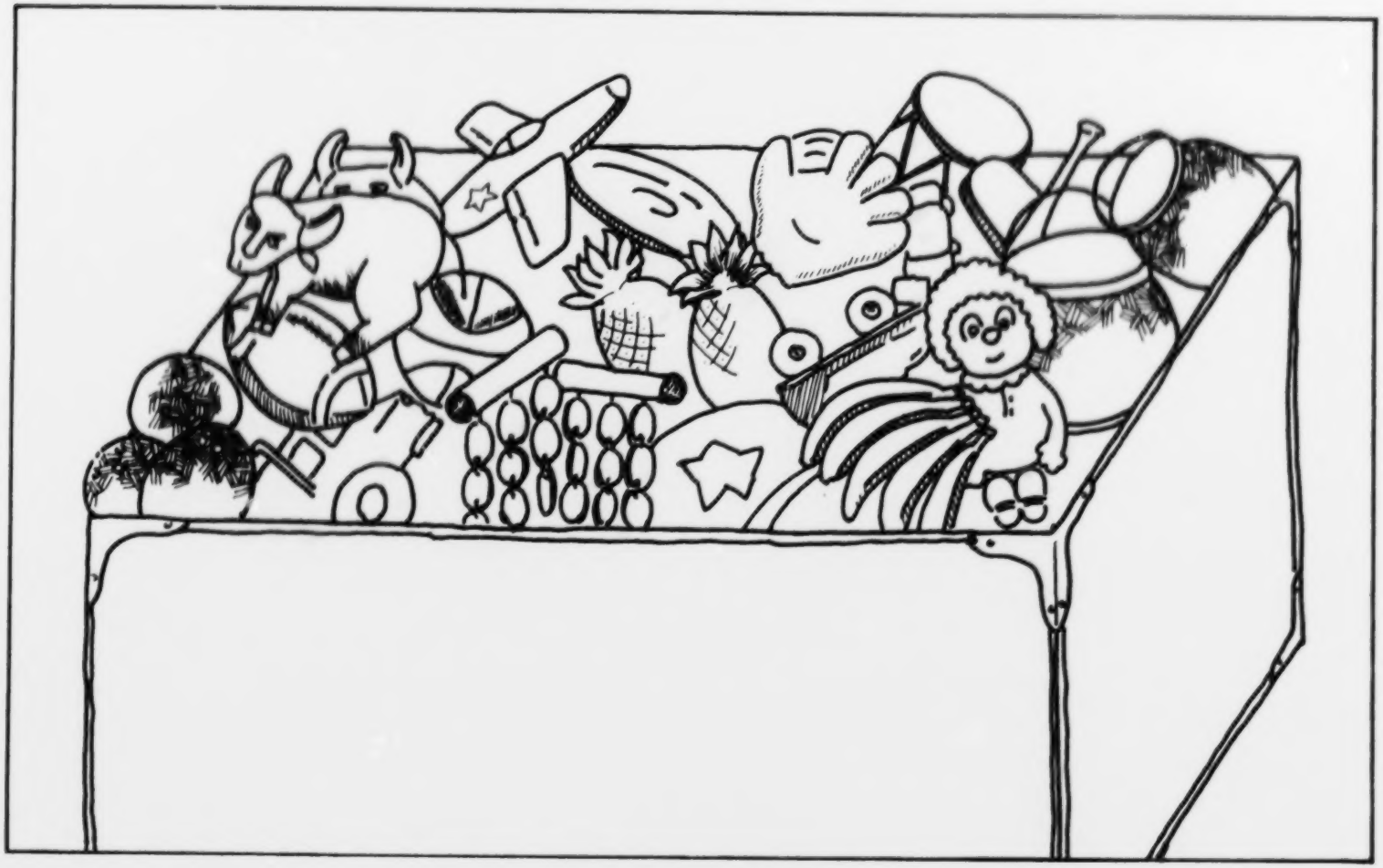
10. Barangay life and Filipino American life today are similar in some ways.

a. True

b. False

菲律賓的產品

PRODUCTS FROM THE PHILIPPINES



在這圖中找出六種菲律賓的產品：香蕉、菠蘿、椰子、木雕、貝殼風鈴、和織籃。把它們都塗上顏色。

Look for the following six products from the Philippines in this picture: bananas, pineapples, coconuts, wood carvings, shell windchime, and woven baskets. Circle each one.

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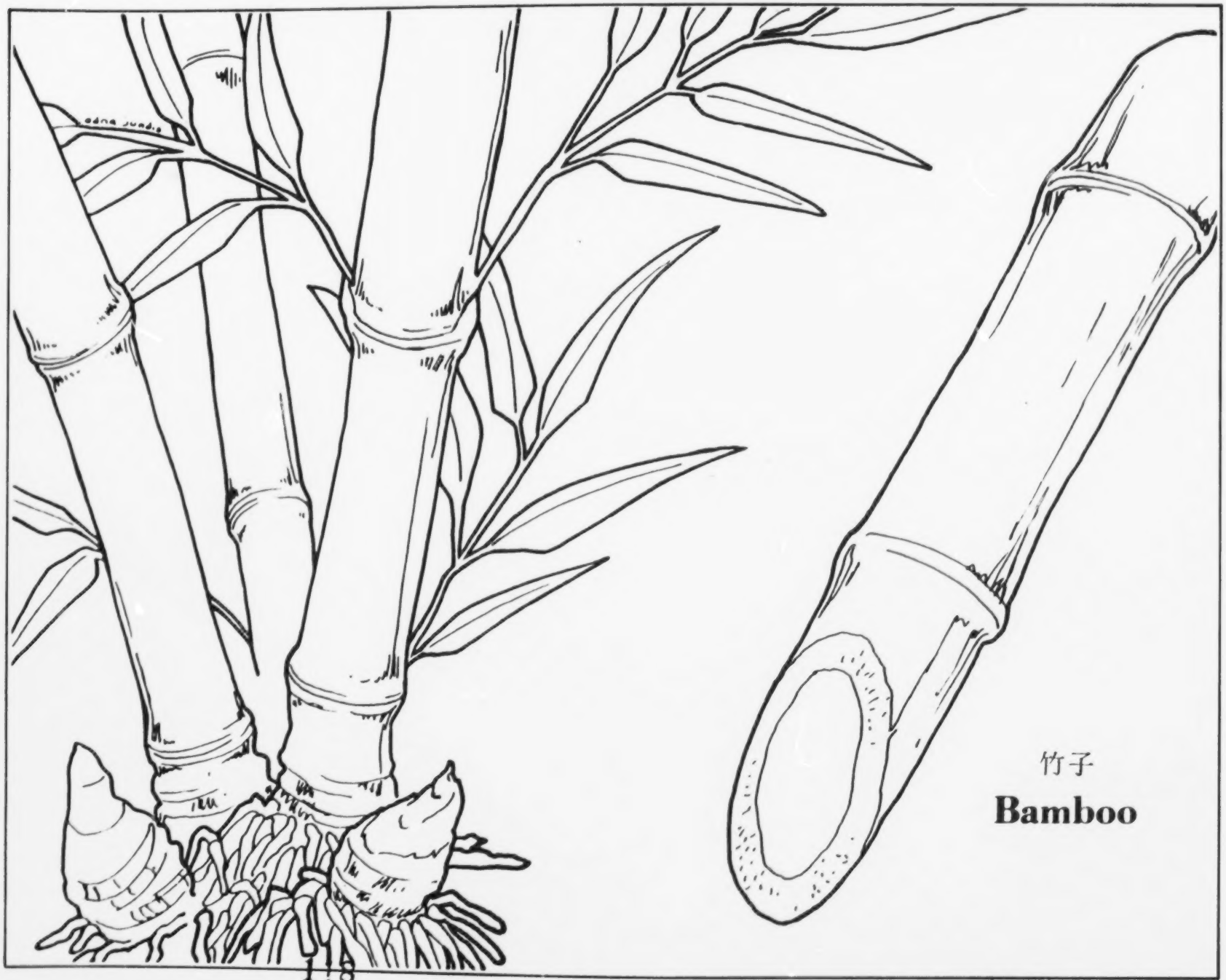


竹子

Bamboo

竹子

在菲律賓及亞洲各地，竹子是常見的植物，它是一種重要的林產品，質地柔韌耐用，用途很廣。

竹筍（竹的嫩芽）可以食用，老竹可以建屋。此外，竹子還可以製成傢俱、籃子、矛及笛子等。

問題提示：

1. 在菲律賓，許多木質產品仍是手製的。你能說出手工製品和機器製品間的分別嗎？
2. 美國有甚麼木製品？美國有竹製品嗎？
3. 世界上如果沒有木材便會怎樣？

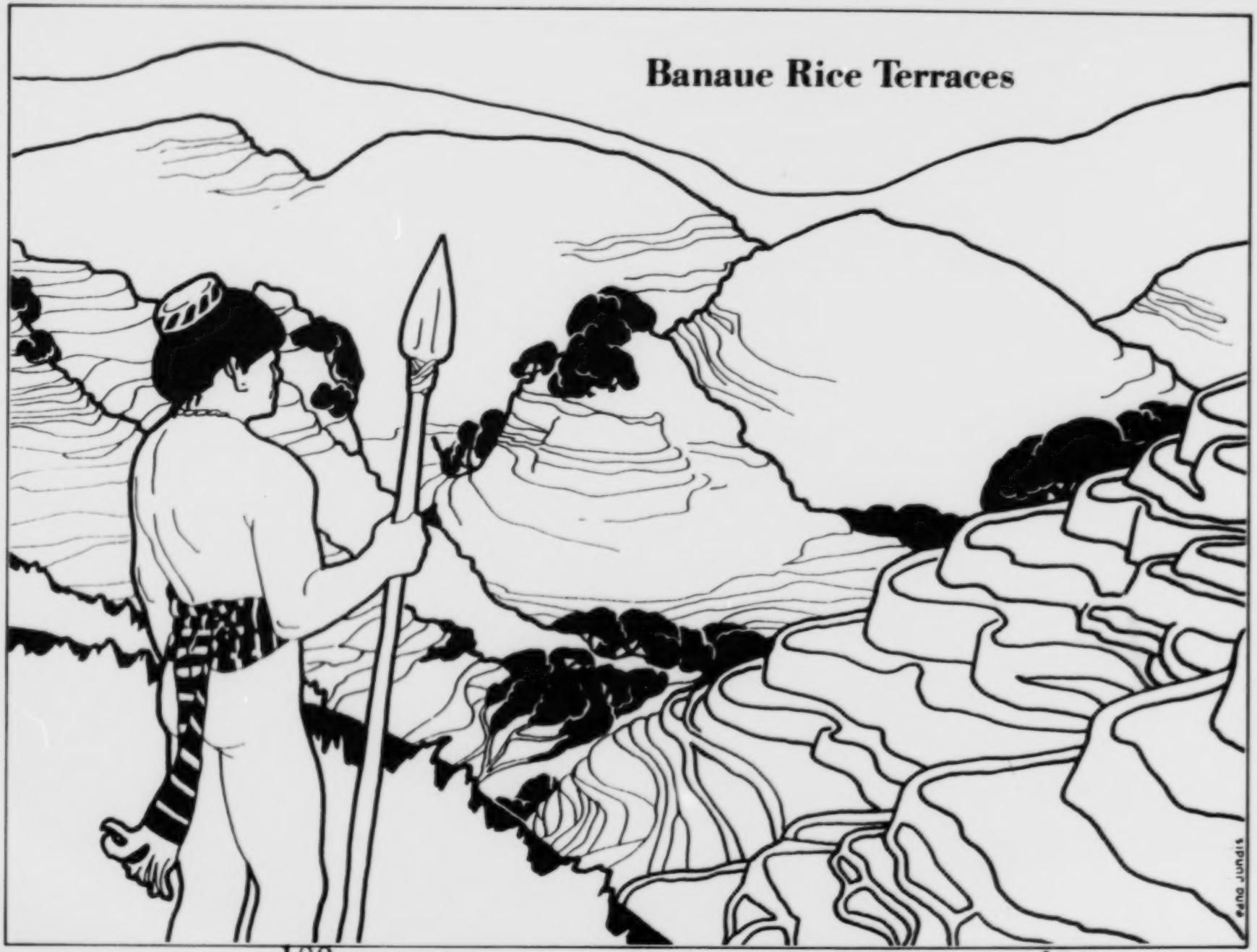
Bamboo

Bamboo is a common plant in the Philippines and other parts of Asia. Bamboo is an important forest product. It can be bent but it is strong, and is used for many purposes.

Bamboo shoots, from very young bamboo plants, are eaten as a vegetable. The full-grown bamboo is used to build houses. Bamboo is also used to make furniture, baskets, spears, flutes, and many other things.

Questions and activities:

1. In the Philippines, many wood products are still made by hand. Name some differences between things made by hand and things made in factories.
2. In the U.S., what things are made from wood? Can you find bamboo products in the U.S.?
3. What would a world without wood be like?



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稻米梯田

呂宋北部的Banaue稻米梯田，有人稱爲「世界第八奇觀」。這些梯田可眞壯觀！是三千年前菲律賓的Ifugaos族人在Banaue山邊刻出來的。他們只用了簡單的刀子，就把高山改造成稻田。梯田有一個複雜的竹製灌溉系統，這些竹製的水管，至今仍然沿用着。

問題與活動：

1. 有甚麼民族建築過偉大的工程？有甚麼民族用特別的方法種稻？寫一個小故事或畫一幅畫說明你對他們的認識。
2. 與同學合製一個Banaue稻米梯田的立體模型。在鞋盒或魚缸內部的三面畫上背景，然後用黏土、小竹枝等製成Banaue梯田的模型。
3. 你做過甚麼東西嗎？帶來給大家看。

Banaue Rice Terraces

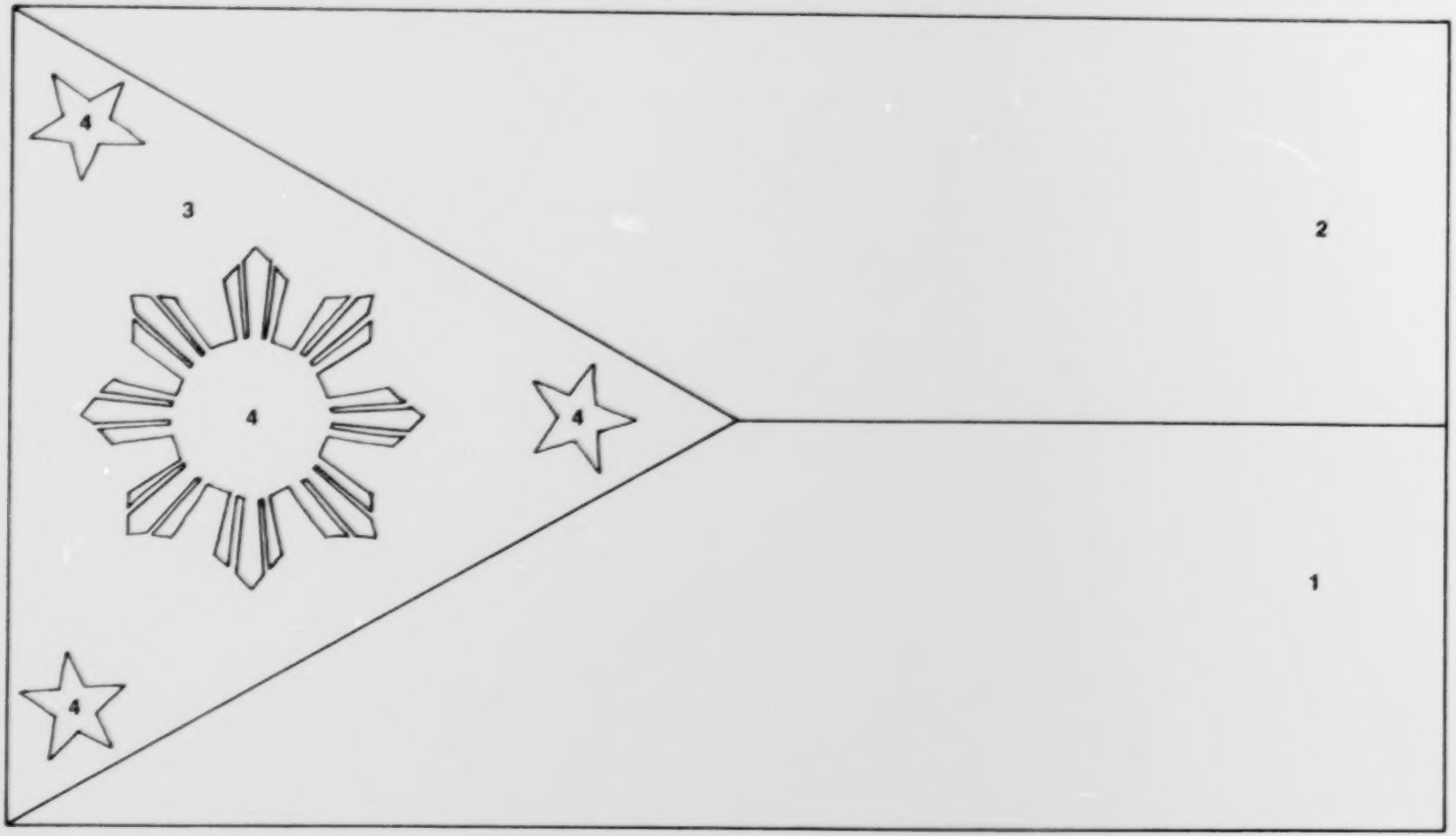
Sometimes called the "Eighth Wonder of the World," the Banaue (bah-NAH-weh) rice terraces in Northern Luzon are a sight to see. The terraces were carved from the Banaue Mountains three thousand years ago by Filipinos called Ifugaos (ih-foo-GAOS). Using simple tools, the Ifugaos made rice paddies on the mountainsides. The terraces are watered by a complex system of bamboo pipes. They are still used today.

Questions and activities:

1. What peoples have built great things? Write a short story and draw a picture to show what you know about them.
2. With your classmates, make a diorama of the Banaue Rice Terraces. Paint a background on three sides of a shoebox or an aquarium, then make models of the rice terraces with modeling clay, bamboo sticks, etc.
3. Have you ever built anything? Bring it to school and share it with the class.

菲律賓國旗

FLAG OF THE PHILIPPINES



這是_____國旗。

This is the Flag of the _____.

依次着色：1紅色　2藍色　3白色及4黃色。

Color 1 red, 2 blue, 3 white, and 4 yellow.

大家旅行去！

遊戲用具：

1. 把以下四頁貼在硬紙上，做成遊戲板。
2. 把遊戲棋子剪出、着色及貼在硬紙上。棋子對摺後應能豎立。
3. 把第 62 至 68 頁上的遊戲卡剪出及貼在硬紙上。遊戲卡共有十六張。

說明：

1. 示範給學生看怎樣玩「我們大家旅遊」的遊戲。學生輪流在桌上抽一張紙牌。把紙牌內容讀出來，照着指示在遊戲板上移動卡紙船。學生一面移動紙船，一面要說出他們所經過的國家、海洋和目的地的名稱。

   例如：「我現在從北美洲東渡大西洋到非洲去。

Let's Travel

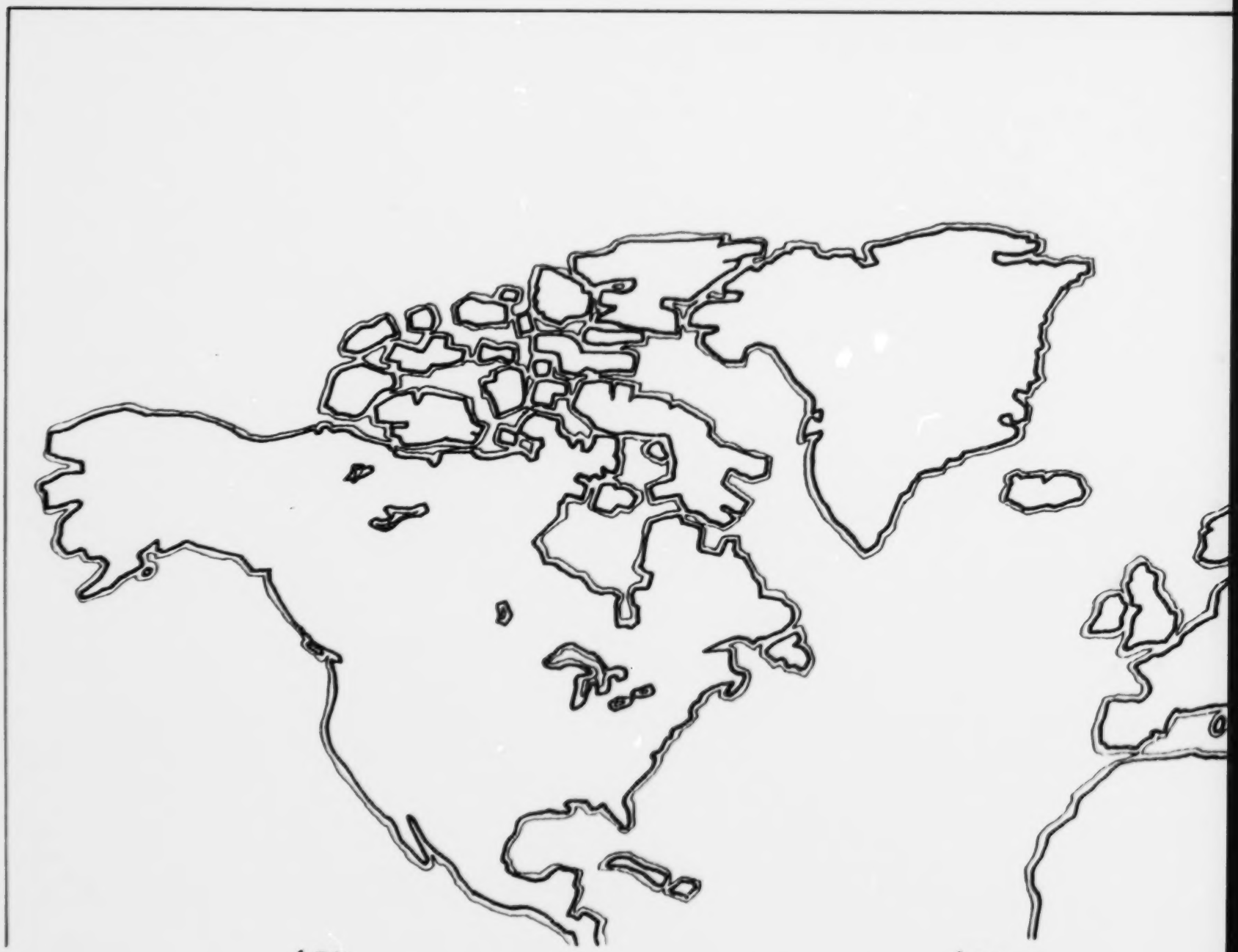
Directions for construction of game:

1. Construct the gameboard by gluing the following four pages on tagboard.
2. Cut, color, and glue the game pieces on tagboard. The pieces should be able to stand up when folded in half.
3. Mount on tagboard then cut out game cards on pages 62-68. There are 18 game cards.

Instructions

1. Show the students how to play "Let's Travel." Taking turns, players pick cards from a deck. The player reads the card then moves a cardboard ship across the gameboard as directed. As the students move the ship, they are to name the destination and any country or ocean they cross.

   For example: "I am going east to Africa from North America across the Atlantic Ocean."



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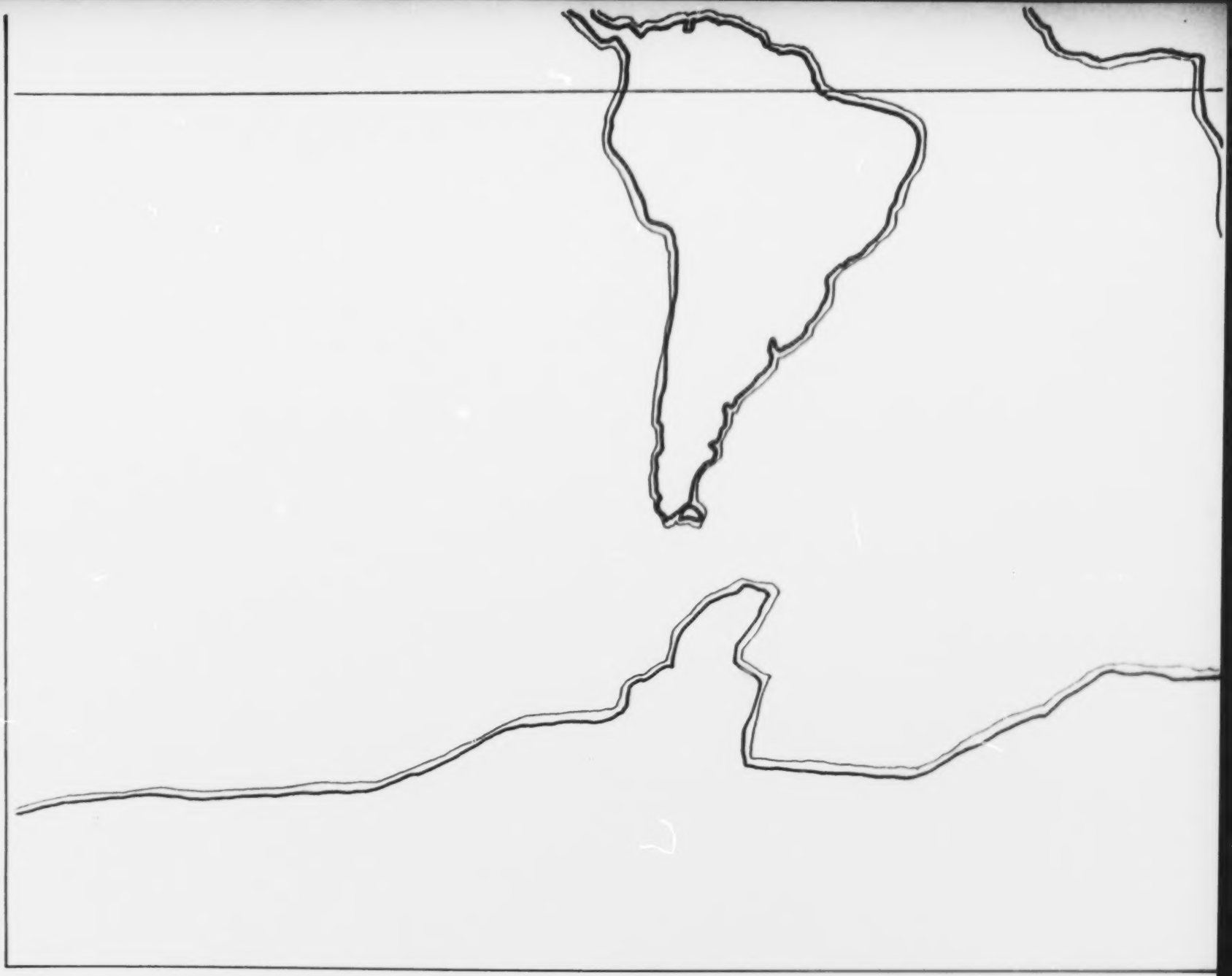

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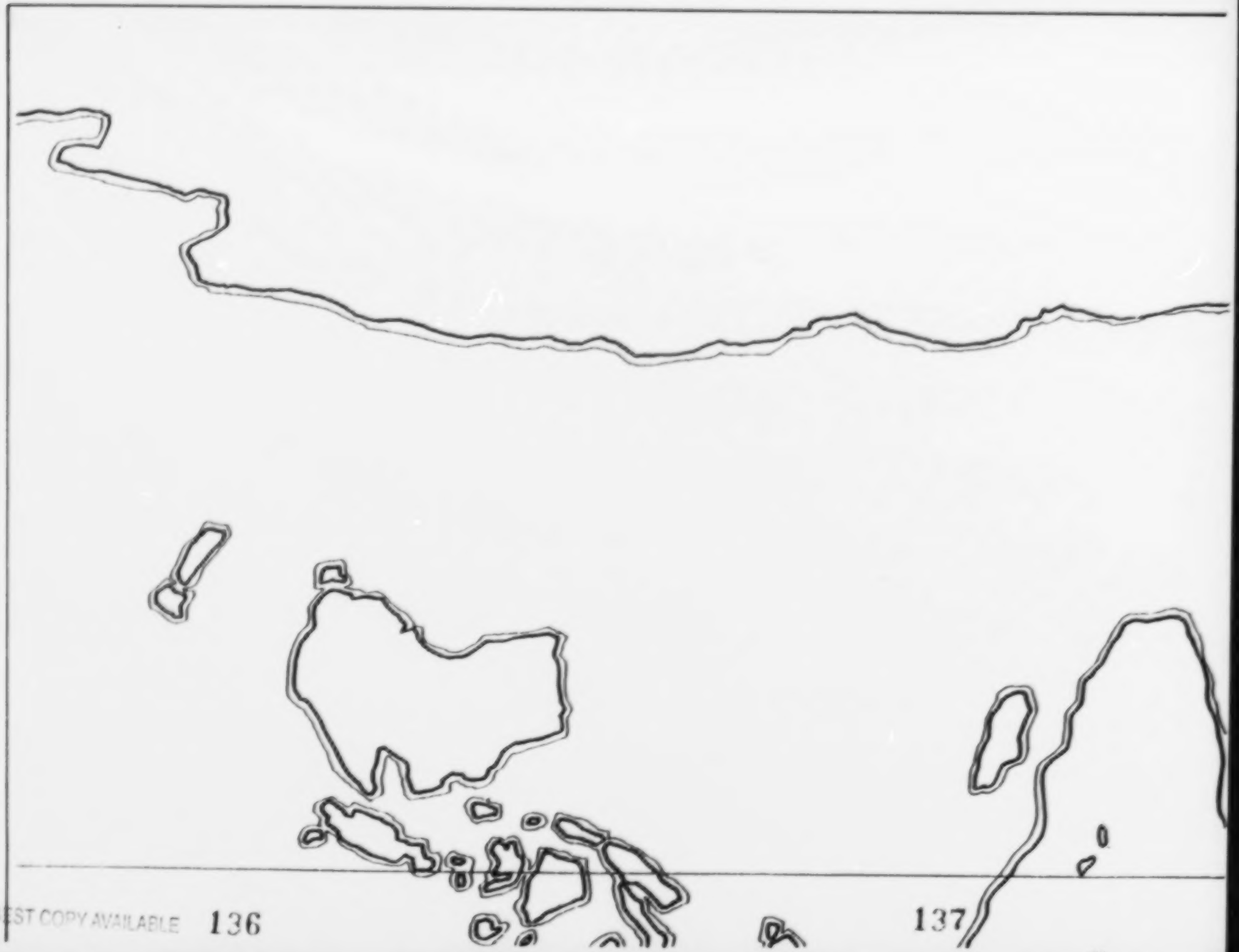

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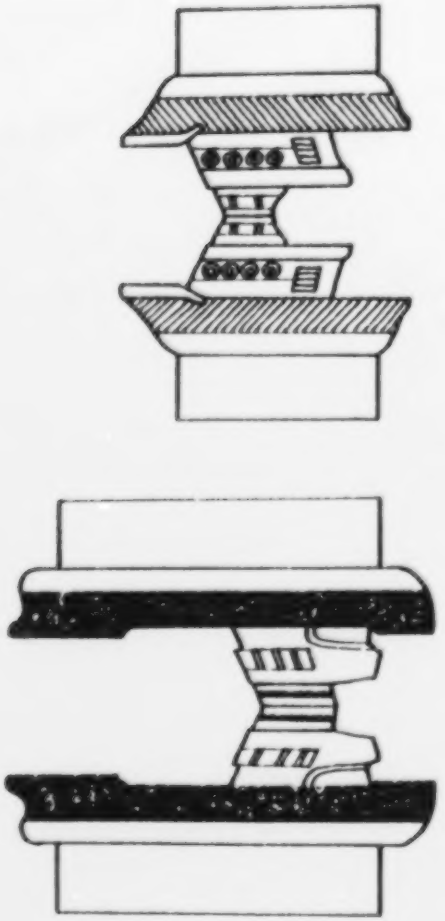

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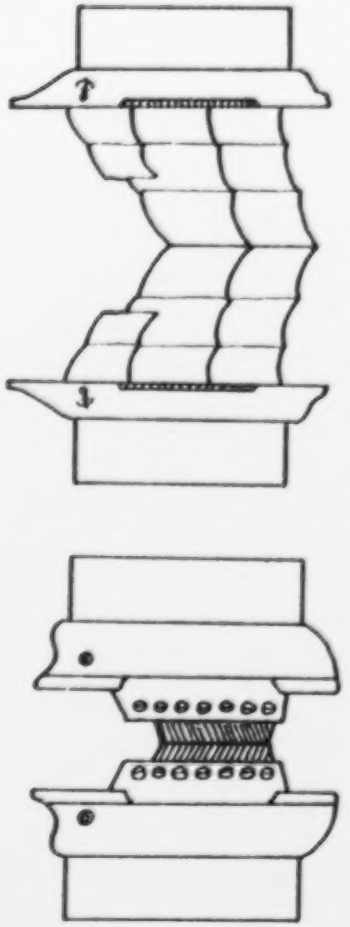

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從北美洲往西到亞洲去， 要渡過哪個海洋？ GO WEST FROM NORTH AMERICA TO ASIA. NAME THE OCEAN YOU CROSS.	從澳洲往南再往西到菲洲去， 要渡過哪個海洋？ GO SOUTH THEN WEST FROM AUSTRALIA TO AFRICA. WHICH OCEAN DO YOU CROSS?	從北極往南到北美洲去。 有哪兩條路綫可走？ GO SOUTH FROM THE NORTH POLE TO NORTH AMERICA. WHICH TWO WAYS CAN YOU GO?
從澳洲往東到北美洲去， 要渡過哪個海洋？ GO EAST FROM AUSTRALIA TO NORTH AMERICA. NAME THE OCEAN YOU CROSS.	從北美洲往東到菲洲去， 要渡過哪個海洋？ GO EAST FROM NORTH AMERICA TO AFRICA. NAME THE OCEAN YOU CROSS.	從南極向北走，到任何一個大洲； 說出該大洲的名稱。 GO NORTH FROM THE SOUTH POLE TO ANY CONTINENT. NAME THE CONTINENT.
從北美洲往東到歐洲去， 要渡過哪個海洋？ GO EAST FROM NORTH AMERICA TO EUROPE. WHICH OCEAN DO YOU CROSS?	從歐洲往西到南美洲去， 要渡過哪個海洋？ GO WEST FROM EUROPE TO SOUTH AMERICA. NAME THE OCEAN YOU CROSS.	從南美洲往東到菲洲去， 要渡過哪個海洋？ GO EAST FROM SOUTH AMERICA TO AFRICA. NAME THE OCEAN YOU CROSS.

從北極往南到菲洲去， 要渡過哪個海洋？ GO SOUTH FROM THE NORTH POLE TO AFRICA. NAME THE OCEAN YOU CROSS.	從歐洲往西到亞洲去， 要不要渡過海洋？ GO WEST FROM EUROPE TO ASIA. DO YOU CROSS AN OCEAN?	從日本往東走到達美國，你會渡過哪個海洋？ GO EAST FROM JAPAN TO THE UNITED STATES. WHAT OCEAN DO YOU CROSS?
從南美洲往北到北極去。 GO NORTH FROM SOUTH AMERICA TO THE NORTH POLE.	從北美洲往西走，會到達哪個大洲？ 要渡過哪個海洋？ GO WEST FROM NORTH AMERICA. WHAT CONTINENT DO YOU REACH? WHAT OCEAN DID YOU CROSS?	從亞洲到澳洲，要往哪個方向走？ GO TO AUSTRALIA FROM ASIA. IN WHICH DIRECTION ARE YOU TRAVELLING?
從北極向南走，到任何一個大洲； 說出該大洲的名稱。 GO SOUTH FROM THE NORTH POLE TO ANY CONTINENT AND NAME IT.	從菲律賓往西走，會到達哪個大洲？ GO WEST FROM THE PHILIPPINES. WHAT CONTINENT DO YOU REACH?	從美國往西走到達中國，你會渡過哪個海洋？ GO WEST FROM THE UNITED STATES TO CHINA. WHAT OCEAN DO YOU CROSS?

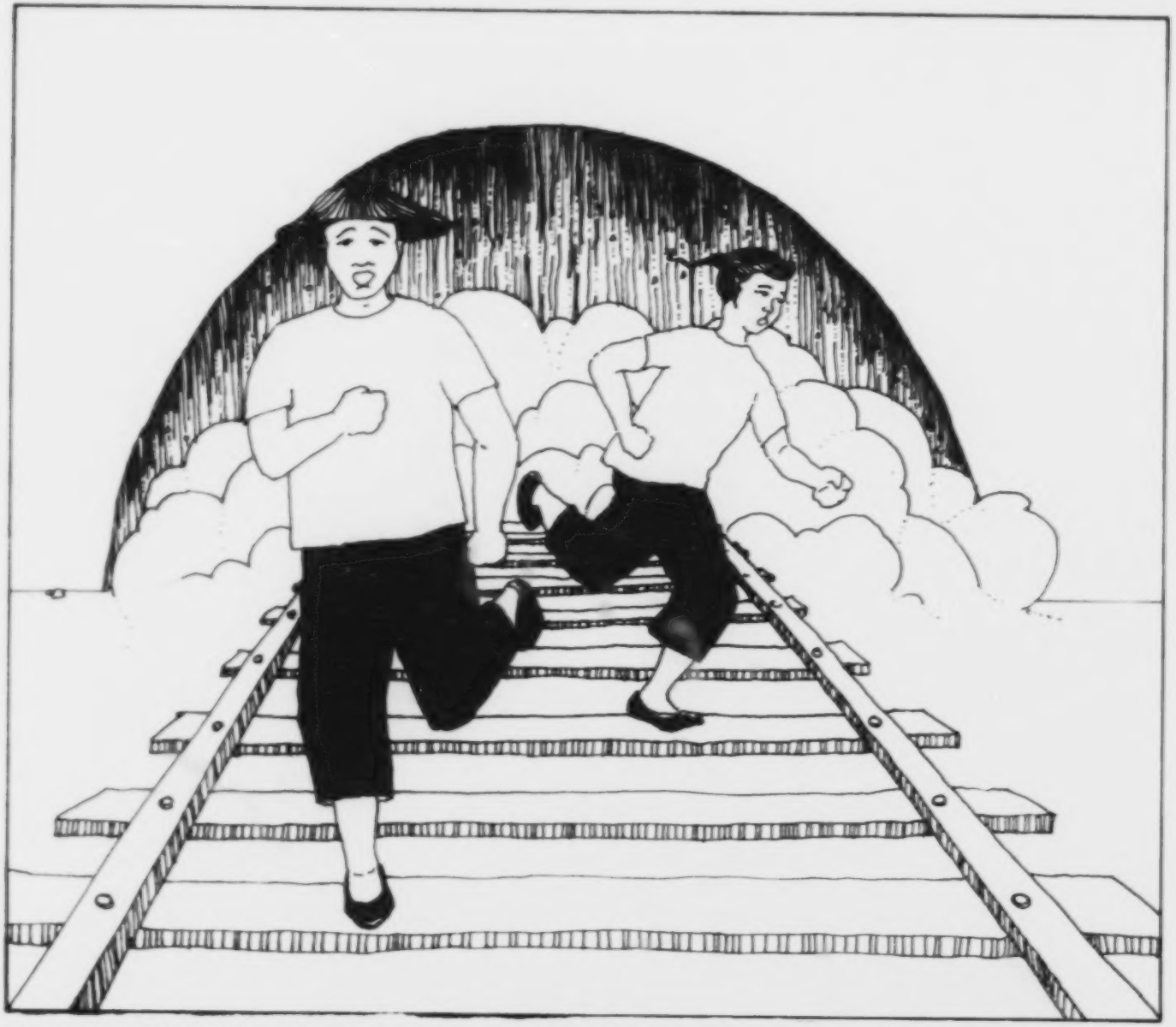
CHINESE RAILROAD WORKERS

從加州 Sacramento 到猶他州 Promontory Point 的越州鐵路，西部部分是由一萬三千名華工所築成。

Thirteen thousand Chinese workers built the western half of the Transcontinental Railroad from Sacramento, California to Promontory Point, Utah.

他們也在美國西北、西南、和南部築鐵路，因爲他們體格強健，工作認眞，不畏危險，接受低薪，所以受僱。

They also worked on railroads in the Northwest, the Southwest, and the South. They were hired because they were strong and hardworking, even when the work was dangerous and the wages were low.



華工在內華達山區爆破路基，鑿了一條又一條的隧道。這些工作很危險，爆炸或山陷時，隨時都會造成傷亡。

The Chinese blasted roadbeds through the Sierra Nevada. They dug tunnel after tunnel. The explosions and cave-ins made the work extremely dangerous.

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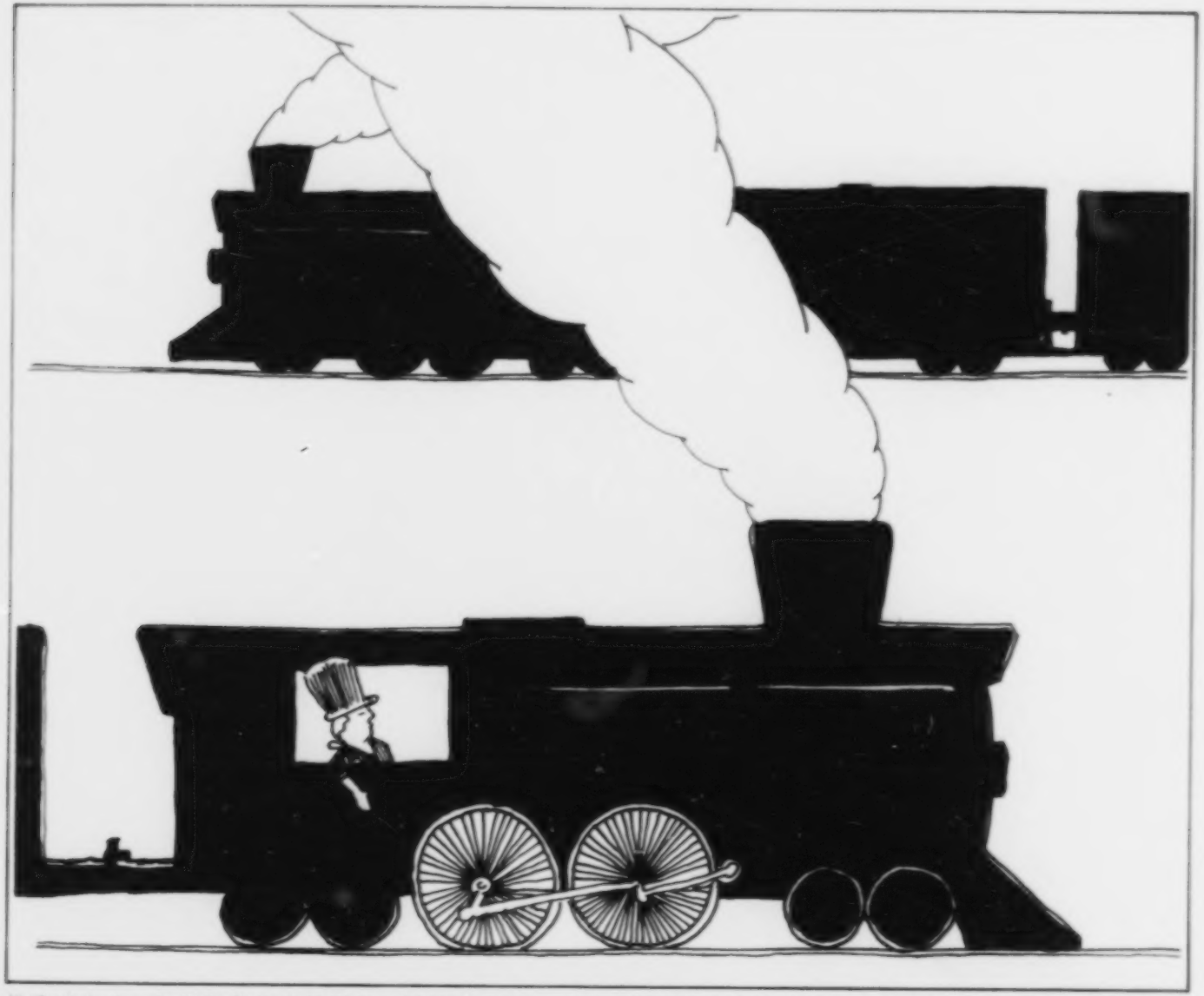
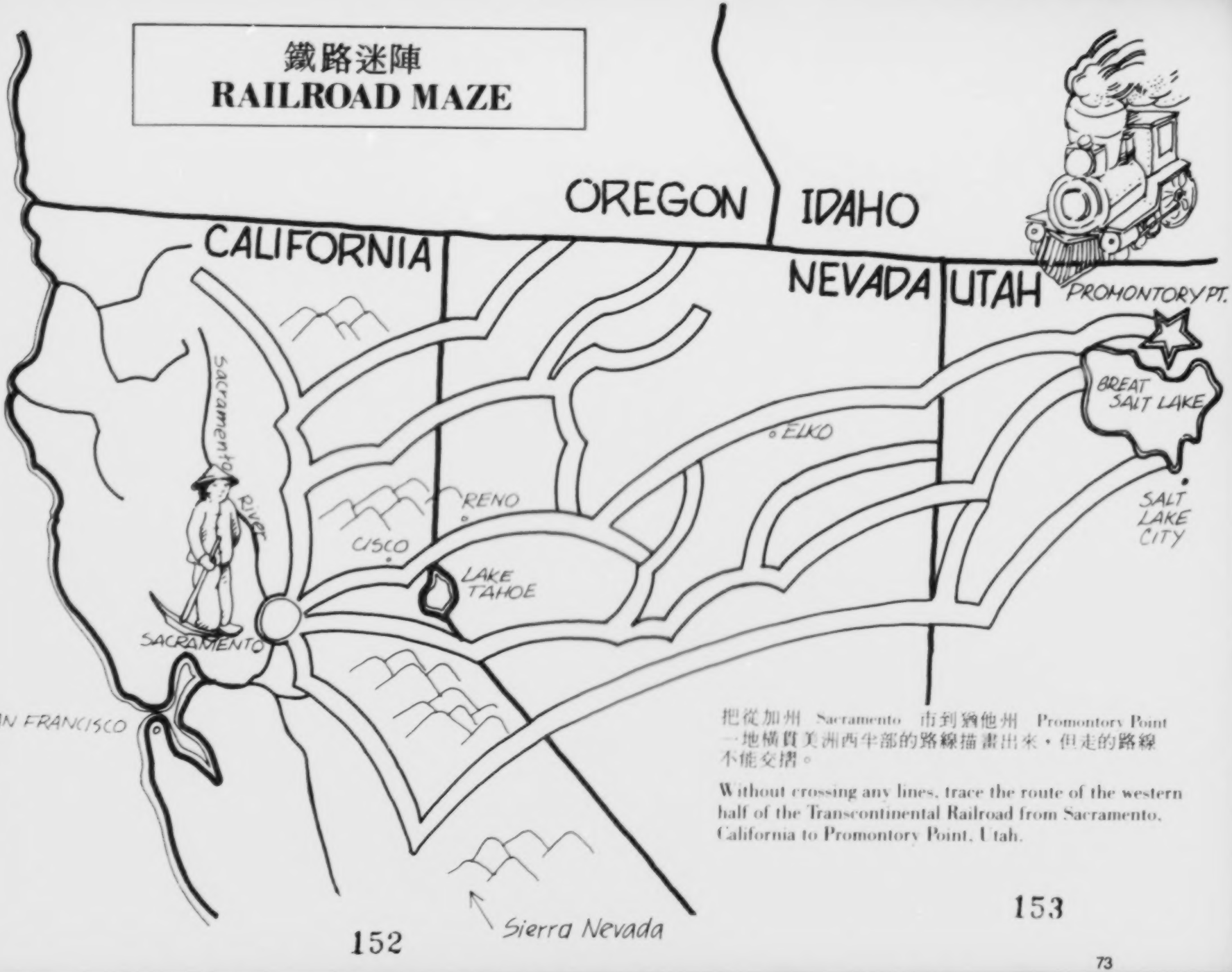


鐵路建成後，加州和其他西部州份得以迅速發展。同時這條快速安全的幹綫，也把美國的東部和西部連接起來。許多人都往西部定居，而西部的產品，如黃金和其他礦產等，也可運到東部去。

California and the other western states grew rapidly after the railroad was completed. The East and West were united by a fast and safe means of transportation. Settlers traveled westward while western products such as gold and other minerals traveled eastward.

鐵路迷陣
RAILROAD MAZE



把從加州 Sacramento 市到猶他州 Promontory Point 一地橫貫美洲西半部的路線描畫出來，但走的路線不能交搭。

Without crossing any lines, trace the route of the western half of the Transcontinental Railroad from Sacramento, California to Promontory Point, Utah.

WAKAMATSU 殖民區
THE WAKAMATSU COLONY

第一批來美定居的日本人，在一八六九年來到加州金山。他們從日本的 Wakamatsu 來的，打算在美建立種茶業和養蠶製絲的地方。

The first Japanese settlers came to Gold Hill, California in 1869. They came from Wakamatsu, Japan to establish a tea and silk colony in the United States.

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當時日本 Aizu 族的 Katamori Matsudaira 公反對政府之改革，但他的意見得不到支持。

In Japan, Lord Katamori Matsudaira of the Aizu Clan disagreed with changes being made in the government. He was not successful in winning his point of view.

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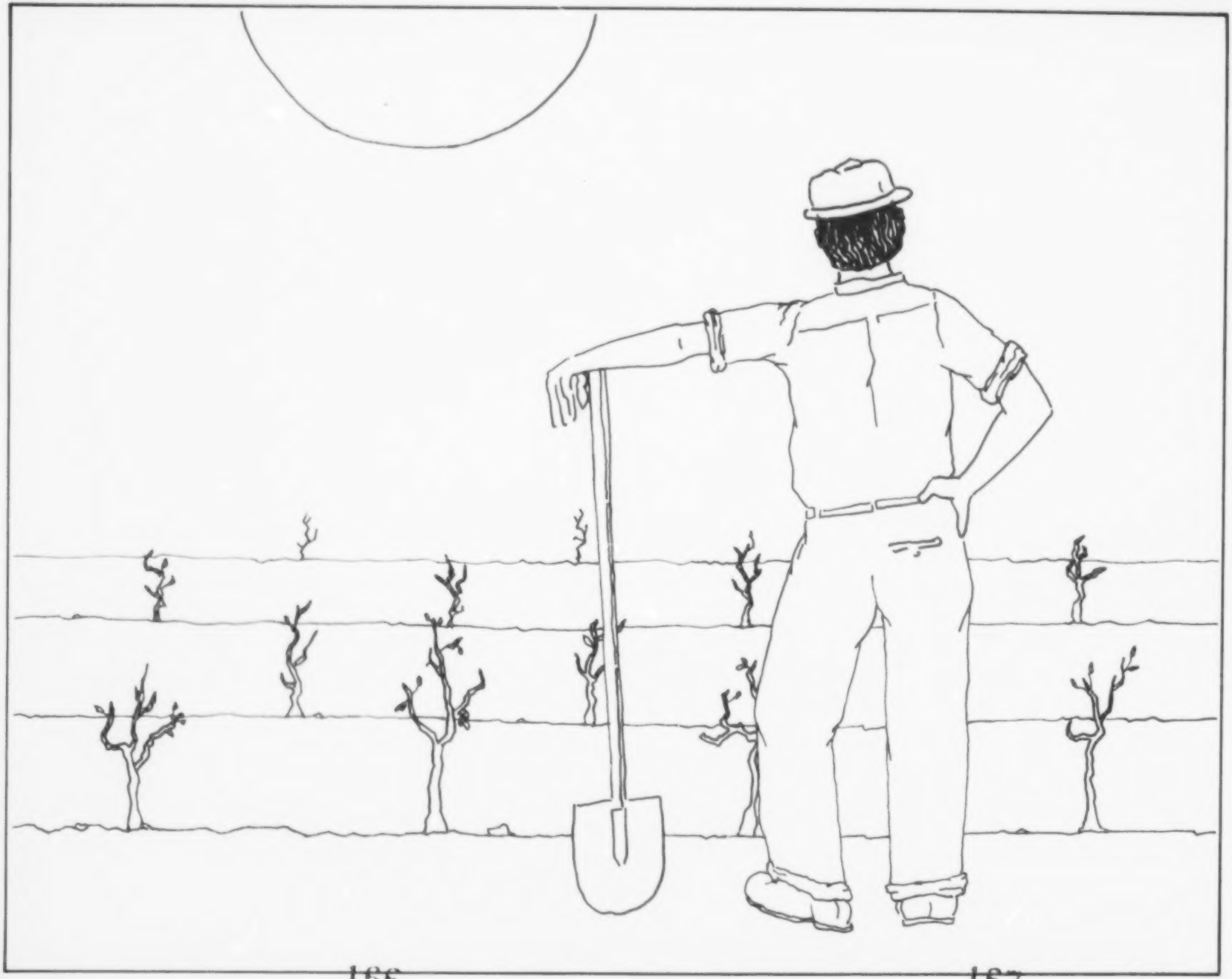
他的一位歐洲顧問向他建議，可派一些追隨他的人到美國來。

One of his European advisors suggested sending some of Matsudaira's followers to the United States.



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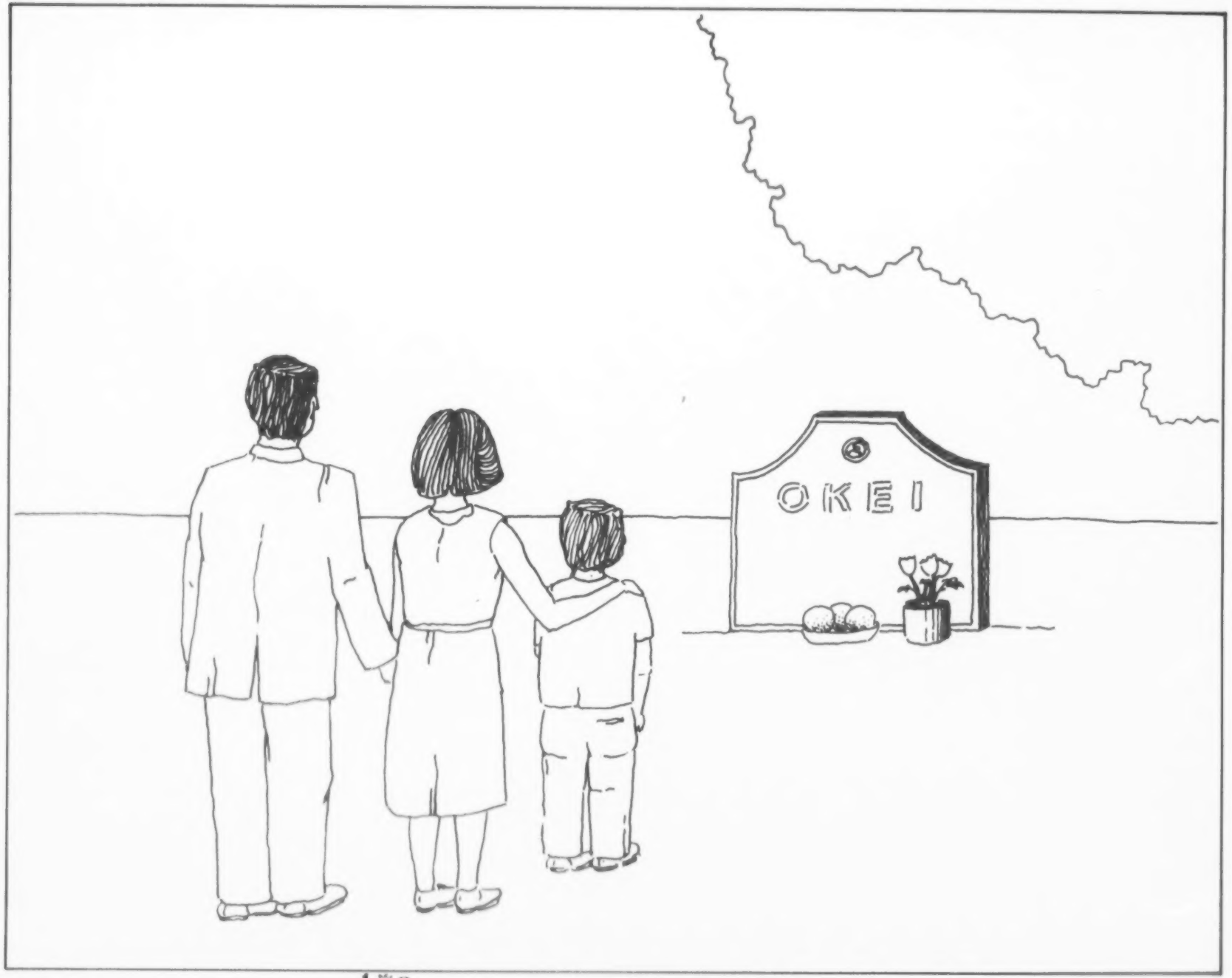
這樣，二十七個日本人便來到加州。這批殖民者包括農民、婦女、兒童、和武士。他們種桑養蠶；也種柑、koshu、葡萄、和茶。但他們遭遇到很多難題，有一次旱災把他們的農作物毀掉。在孤立無援、錢財耗盡的情況下，這批殖民者只好四散了。

Twenty-seven people thus came to California. The colonists included farmers, women, children and samurai. They planted mulberry trees for silkworms, tangerines, koshu, grapes and tea. But the colonists had many problems. A drought ruined the crops. Without much money and without help from others, the colonists disbanded.



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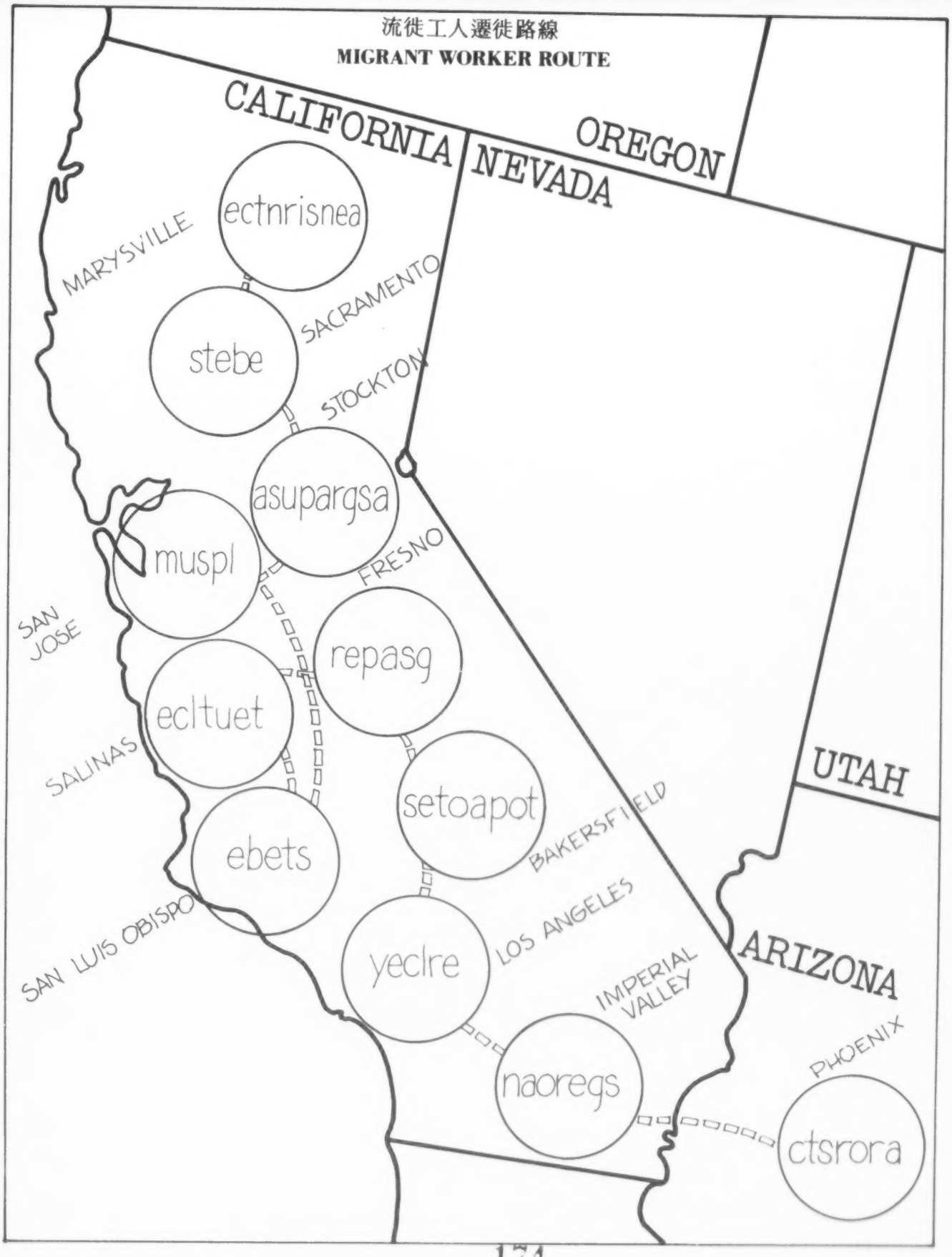
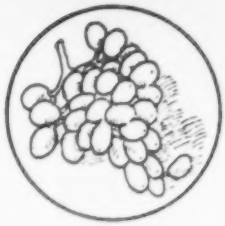
這個殖民地區已老早被人遺忘了，但在今天，Okei——其中一名女殖民者——的墳墓，仍可在使人憶起這段拓荒者的歷史。

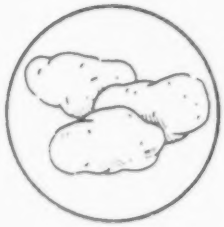
For a long time the colony was forgotten. Today however, the grave of Okei, one of the female colonists, is a historical reminder of these pioneers.


流徙工人遷徙路線
MIGRANT WORKER ROUTE
CALIFORNIA
OREGON
NEVADA
UTAH
ARIZONA
ectnrisnea
MARYSVILLE
SACRAMENTO
stebe
STOCKTON
asupargsa
muspl
FRESNO
SAN JOSE
repasg
ecltuet
SALINAS
setoapot
BAKERSFIELD
ebets
SAN LUIS OBISPO
yeclre
LOS ANGELES
IMPERIAL VALLEY
naoregs
PHOENIX
ctsrora



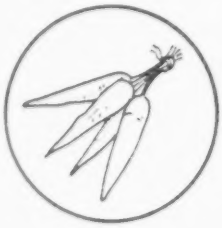
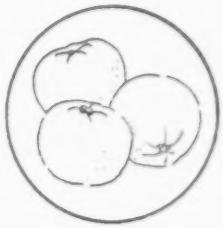
流徙工人路綫

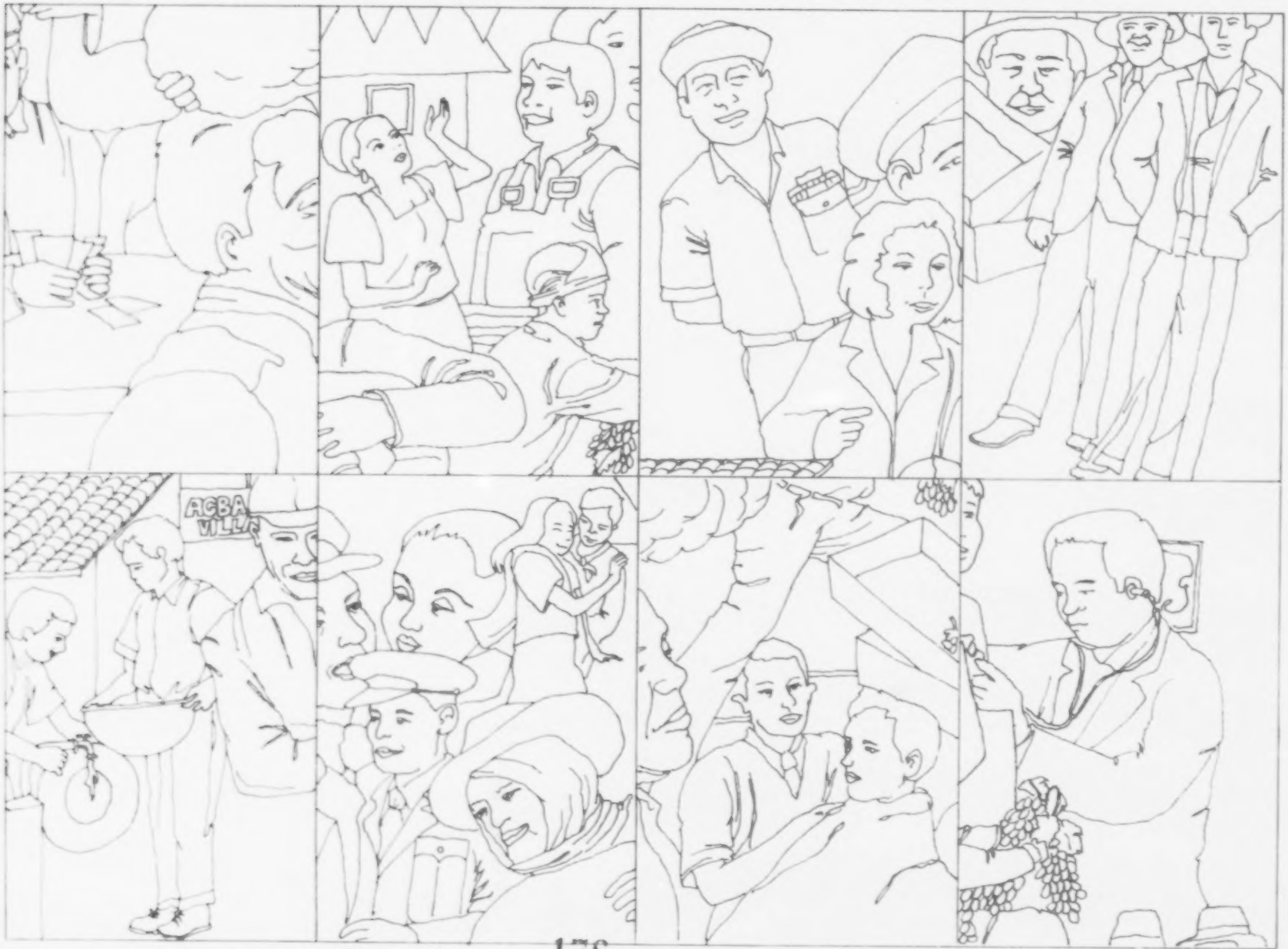
把地圖上每個圓圈裡混亂的字母重新排好，寫在圓圈下面，這些都是美國西岸早期的菲裔流徙工人所種植的蔬菜。剪下本頁的圖片貼在地圖頁相對的圓圈裡，並把指出菲裔流徙工人工作路綫的虛點連起來。



MIGRANT WORKER ROUTE

Unscramble the letters in each circle on the map to spell the name of a fruit or vegetable grown by early Filipino migrant workers in the West. Write the correct name under the scrambled name. Cut out the pictures on this page and paste them in the matching circles on the map. Then connect the dotted lines on the map to show the route of a Filipino migrant worker.



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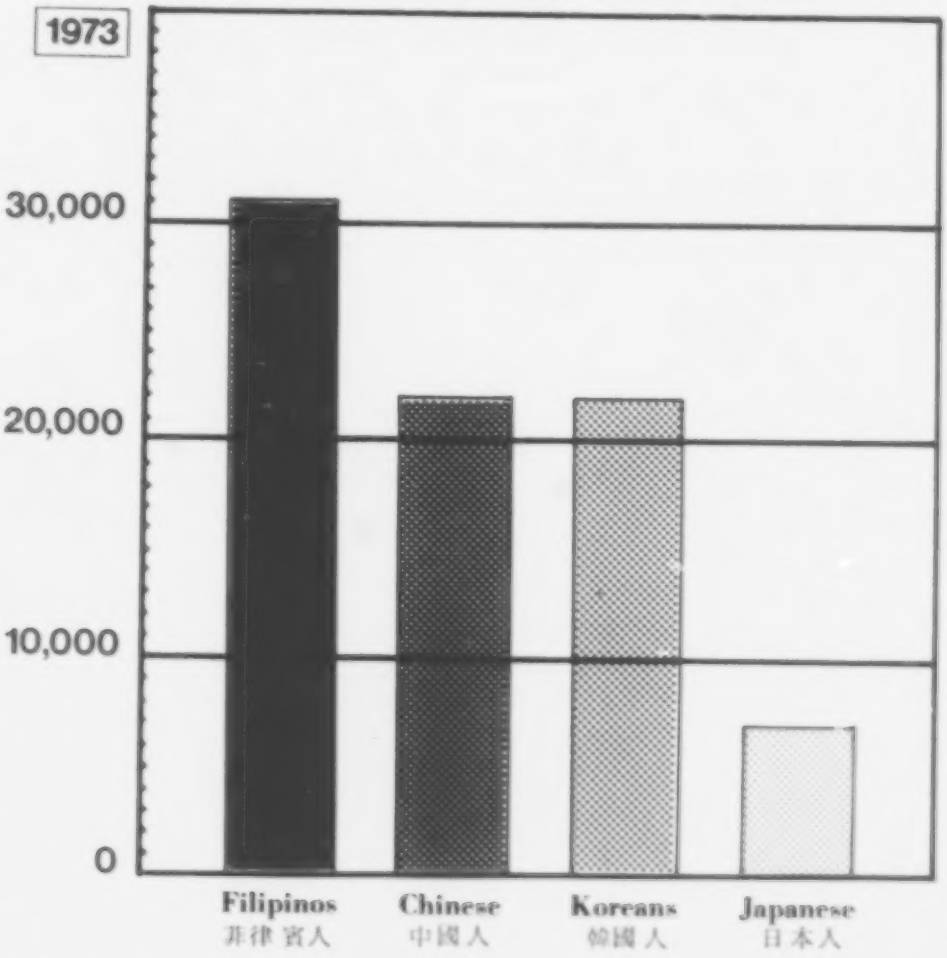
剪下這些長方形，砌成一幅菲裔美國的圖片。

Cut out the rectangles and rearrange to form a picture of Filipino Americans.

美國的亞洲移民
ASIAN IMMIGRATION TO THE UNITED STATES



來美國的亞洲人中，哪一種人最多？

1. Which is the largest group of Asians coming to the United States?

_____

一九七三年時，有多少人入境？

2. How many came in 1973? _____

說出這些亞洲移民本來的國家。

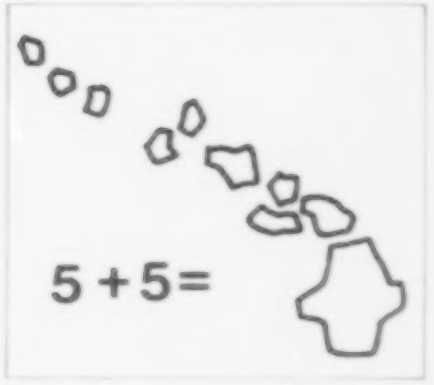
3. Name the countries from where each of these Asian groups immigrated.

Filipinos
菲律賓人 _____

Chinese
中國人 _____

Koreans
韓國人 _____

Japanese
日本人 _____



我們住的州份

WHERE WE LIVE

把每州的數目加起來。

1. Add the numbers.

每個答案等於十，就把那個州塗上棕色。

2. Whenever the answer = 10, color the state brown.

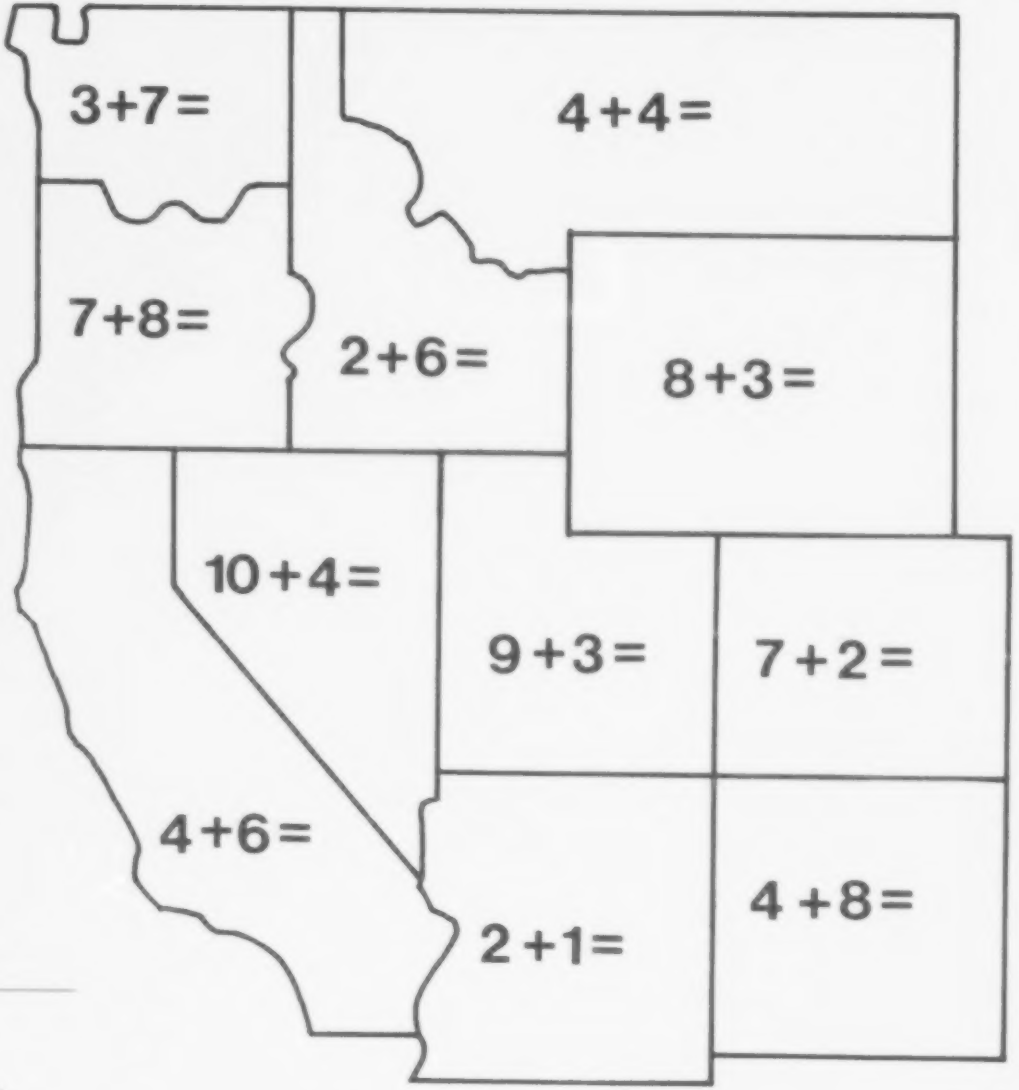
把塗上棕色的州名寫在這裡。

3. Write the names of the brown states here.

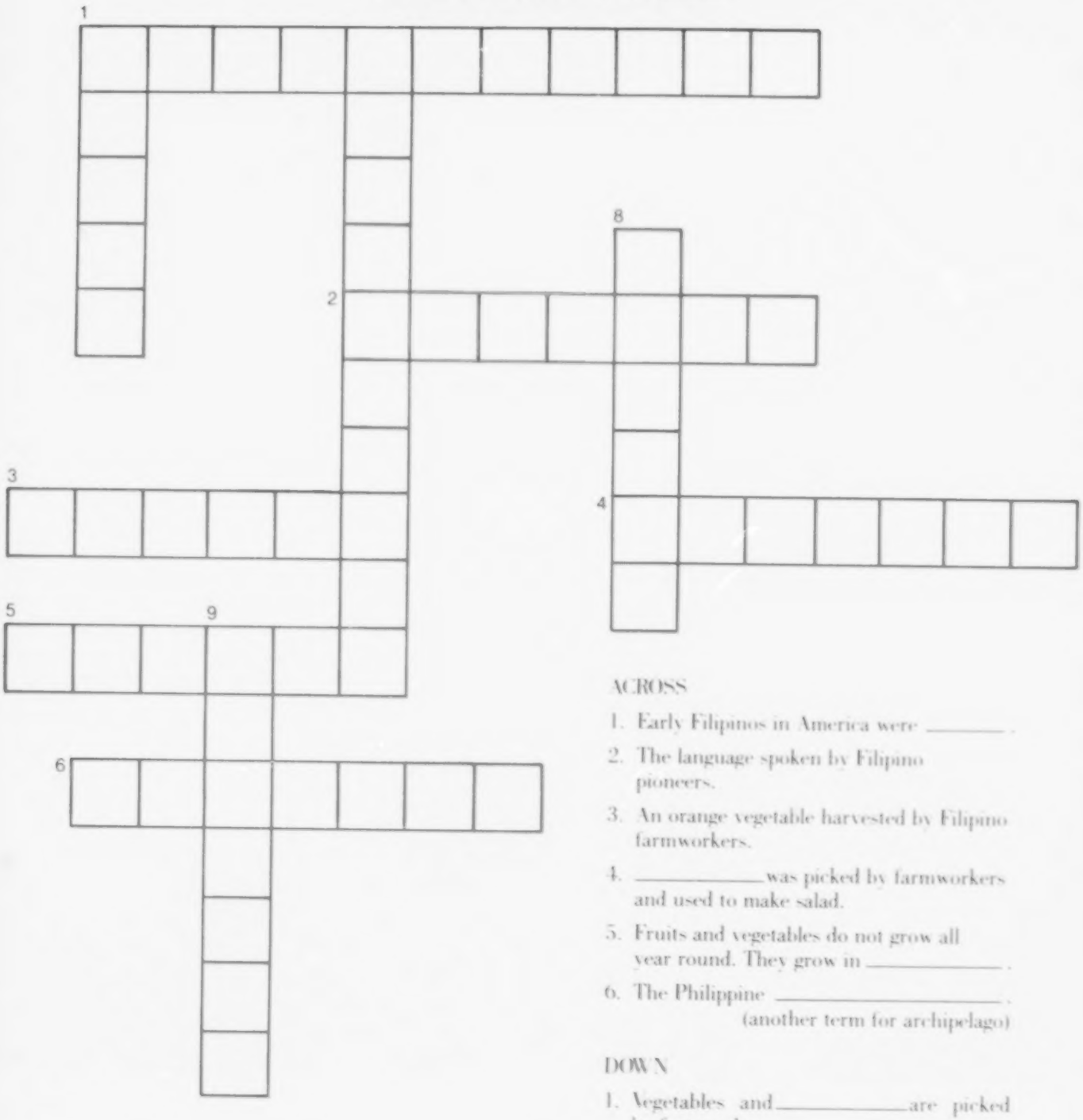
_____

這些州，是大部份菲裔美國人居住的地方。

These are the states where most Filipino Americans live.



CROSSWORD PUZZLE



ACROSS

1. Early Filipinos in America were _____.
2. The language spoken by Filipino pioneers.
3. An orange vegetable harvested by Filipino farmworkers.
4. _____ was picked by farmworkers and used to make salad.
5. Fruits and vegetables do not grow all year round. They grow in _____.
6. The Philippine _____. (another term for archipelago)

DOWN

1. Vegetables and _____ are picked by farmworkers.
7. A state where many Filipino Americans live.
8. Early Filipinos were single, young men. The newly arrived Galangs are a _____.
9. A California town where migrant laborers worked.

菲裔美國人歷史

菲律賓人首次大批來美，是在二十世紀初期。

早期的菲人大多數都是年輕人，他們來做農工。他們在夏威夷、加州、俄勒岡州、華盛頓州、和阿拉斯加工作。

農工在烈日下工作，是很辛苦的。但菲人農業技術精良，種出了紅蘿蔔、番茄、甜菜、芹菜、葡萄、生菜、桃、李子、和油桃，供全美國的人享用。

儘管他們的貢獻那麼大，菲人還是受到不平等的待遇。他們工資低，法律不准他們購置產業，也不許入美籍。

菲律賓早期移民，決心改善他們的生活。他們爲爭取公平待遇而罷工，爲爭取置產權而打官司，組織保存本國文化的機構，以及爲他們的老人建築居所。

目前約有四十萬菲人住在美國，大多數是新移民。其中有農工、牧師、醫生、藝術家、護士、木匠、救火員和法官等。菲律賓人在美國歷史上擔任了重要的角色。

FILIPINO AMERICAN HISTORY

Filipinos first came to the United States in large numbers in the early 1900s.

Most of the early Filipinos were young men who became farmworkers. They worked in Hawaii, California, Oregon, Washington, and Alaska.

Farmwork was back-breaking labor under the hot sun. But because of the skill of the Filipino farmworker, carrots, tomatoes, beets, celery, grapes, lettuce, asparagus, plums, and nectarines were harvested; then eaten and enjoyed by people throughout the United States.

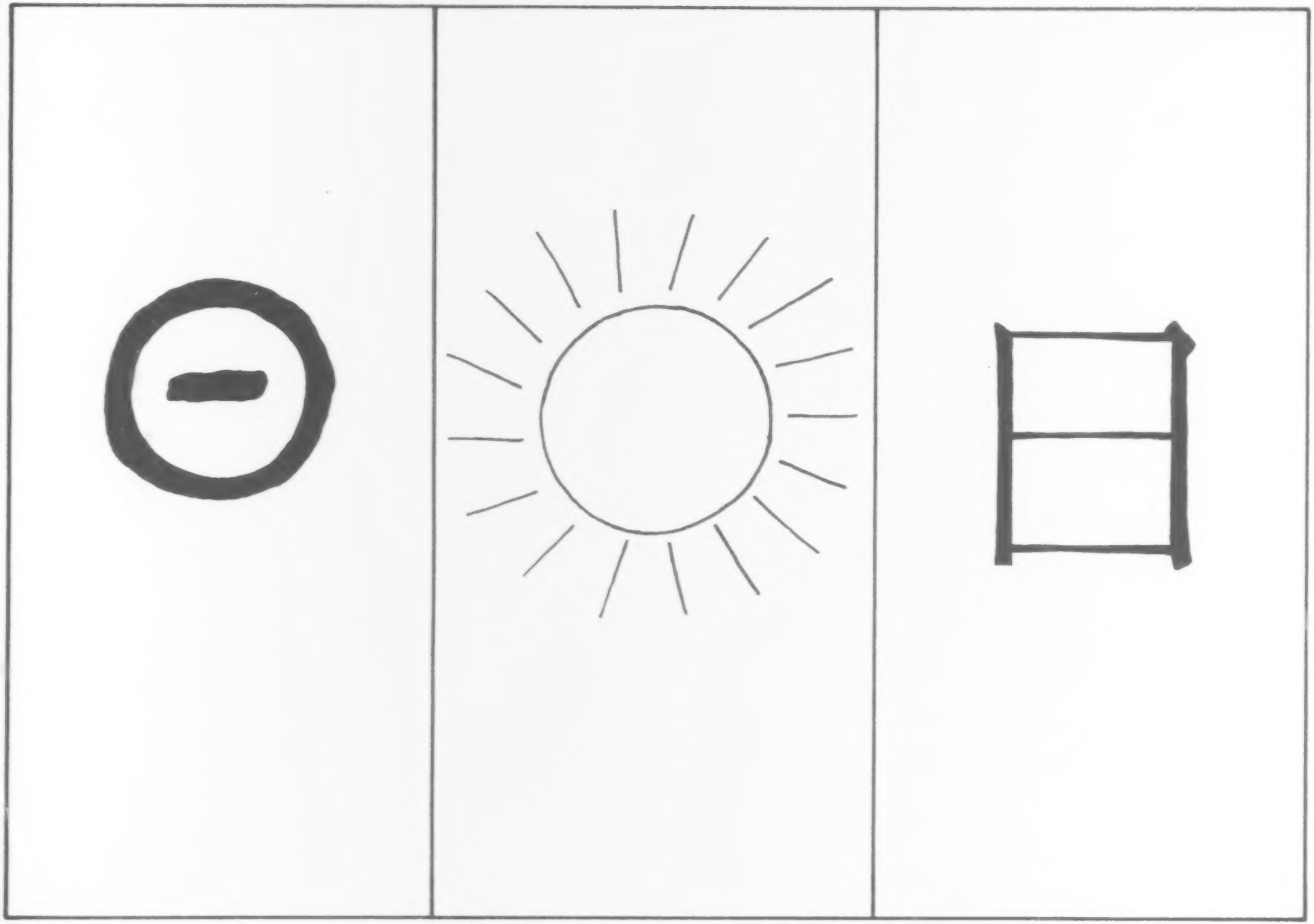
Despite their contributions, Filipinos were treated unfairly by many people. Wages were low. The Alien Land Law prevented Filipinos from owning property for many years. Citizenship was denied.

The Filipino pioneers were determined to improve their lives. They went on strike for fair wages; they sued for their property rights; they formed organizations to maintain their cultural heritage; they built housing for their elderly.

Today, approximatley 400,000 Filipinos live in America. Many of them are newly arrived immigrants, some are farmworkers, others are teachers, doctors, artists, nurses, carpenters, firefighters, and judges. Filipinos have played an important role in American history.

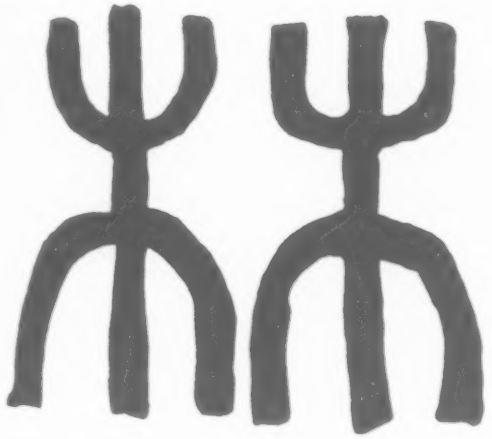
184

185



186

187



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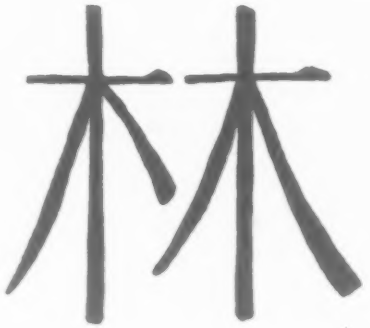
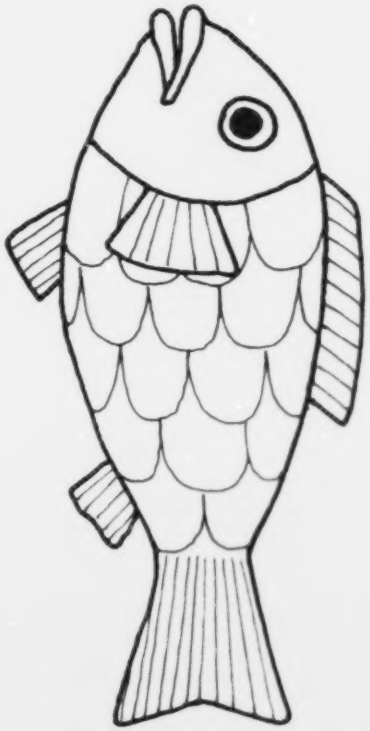


189

190

191

192



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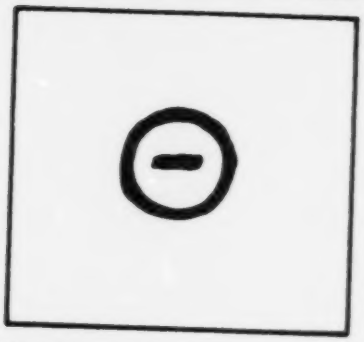
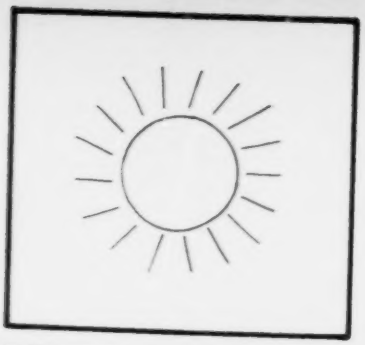


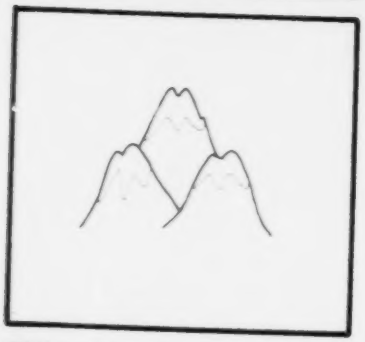
象形文字

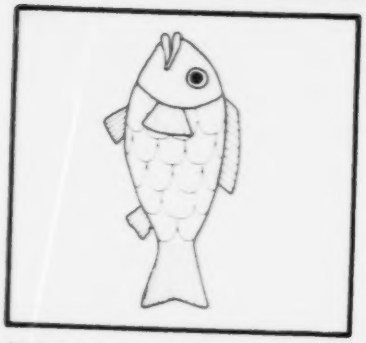
你能否把左邊的象形字
和右邊的圖搭配？

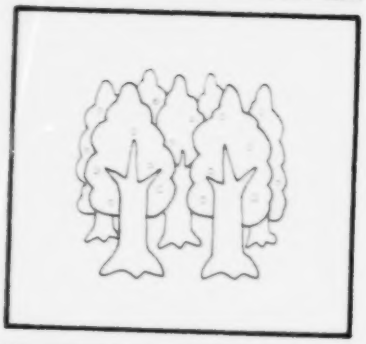
CHINESE PICTOGRAPHS

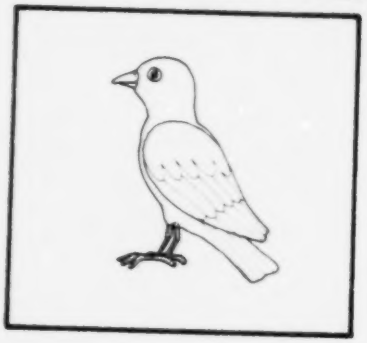
Can you match the Chinese pictographs on the left with the pictures on the right?

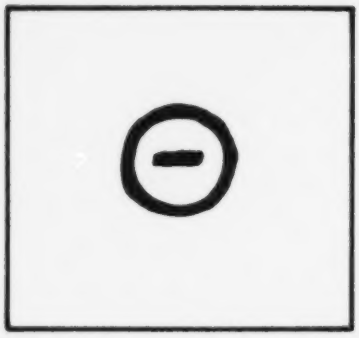










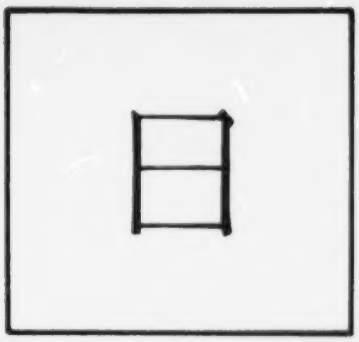


中文字

你能否把象形字
和現代的字體搭配？

CHINESE CHARACTERS

Can you match the pictographs
with the present-day characters?

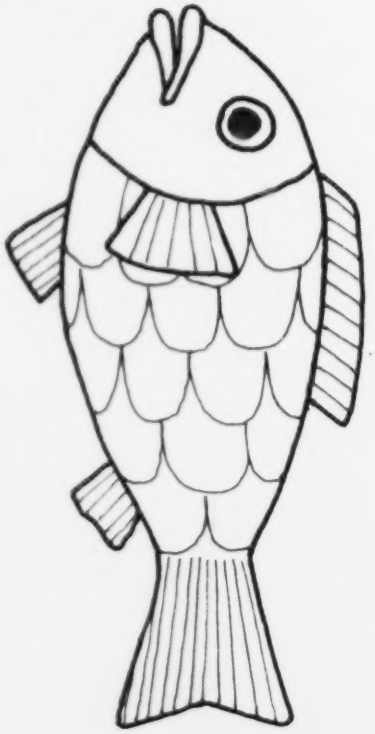


tori

196

とり

197

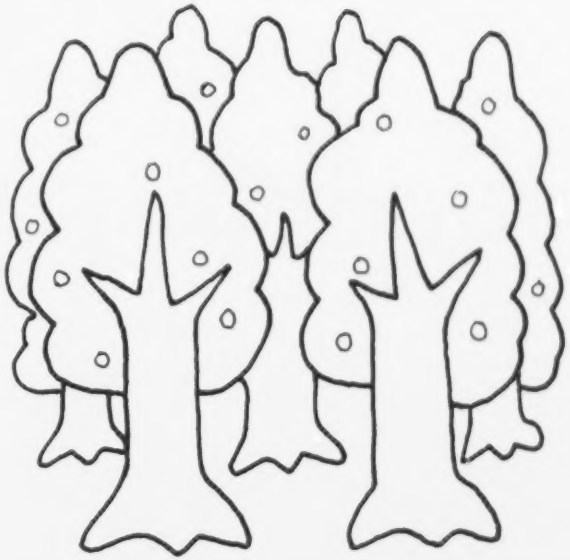


sakana

198

さかな

199



hayashi

200

はやし

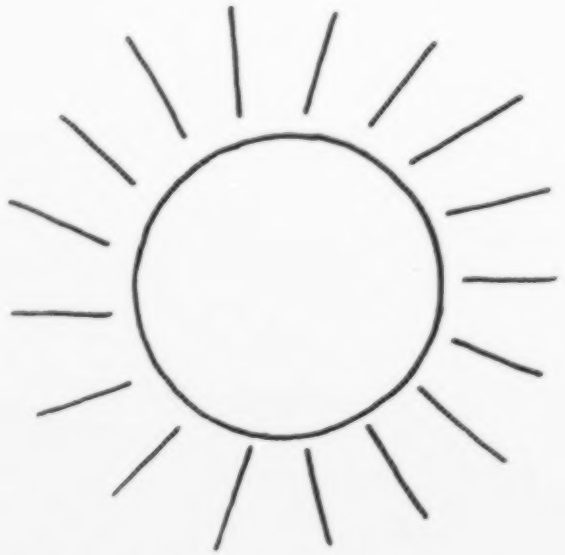
201

yama

202

やま

203

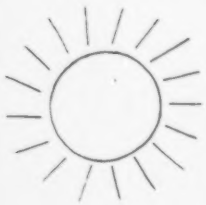
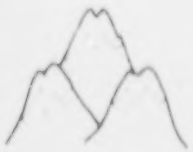
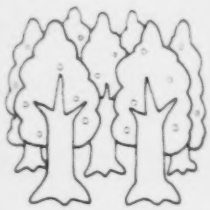


hi

204

ひ

205

	ひ	び	び	
	とり	どり	どり	
	さかな	さかな	さかな	
	やま	やま	やま	
	はやし	はやし	はやし	

照着次序的指示把虛線填上。

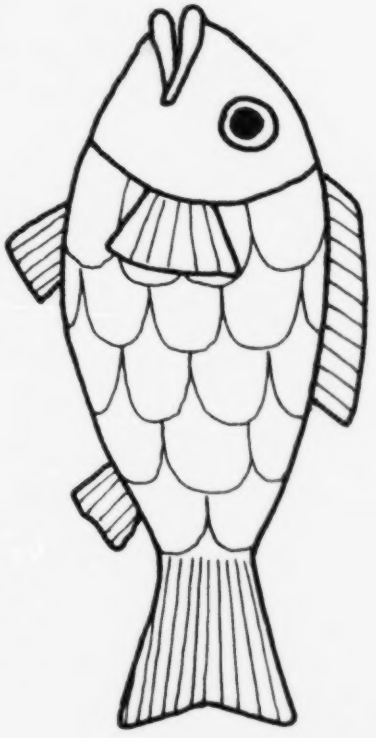
Instructions: Follow the arrows when filling in the dotted strokes.

EE-bohn

207

ibon

208



ees-DAH

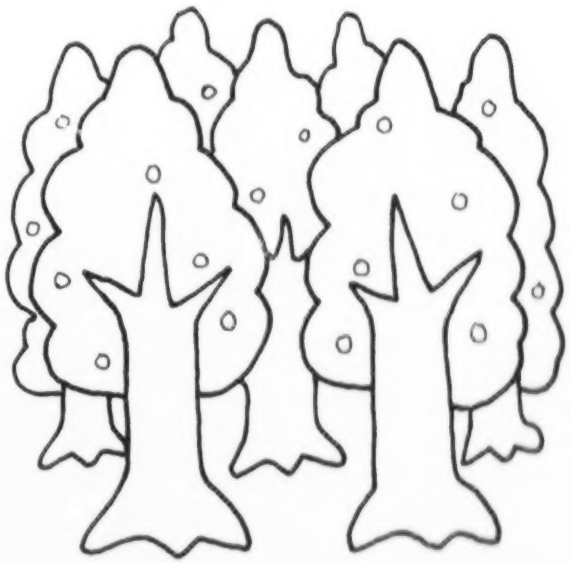
isda

boon-DAWK

211

bundok

212

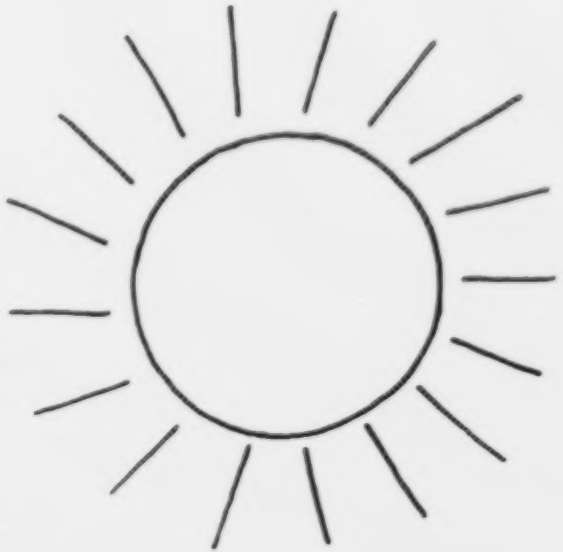


GOO—baht

213

gubat

214



AH-row

(rhymes with cow)

215

araw

216

How are you?
Fine.

217

Kumusta Ka?
Mabuti.

koo-moos-tah KAH
mah-BOO-tih

218

菲律賓文字母系統

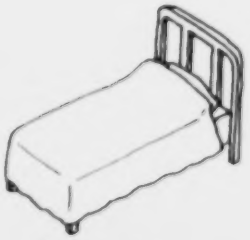
THE PILIPINO ALPHABET

菲律賓文字母一共有二十個。試把下面每個字的第一個字母寫在空格裏，看看菲律賓文的字母是怎樣的。

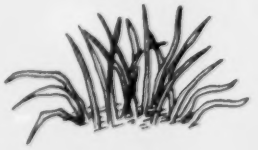
There are 20 letters in the Pilipino alphabet. Find out what they are by writing the first letter of each word in the box below.

aso ☐

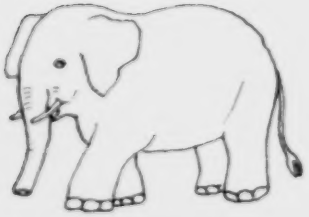
bata ☐



kama ☐

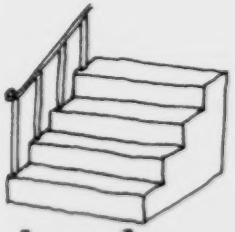


damo ☐



elepante ☐

gagamba ☐



hagdan ☐

ibon ☐

langgam

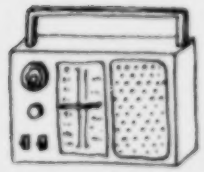
mata

niyog

ngipin

oso

palaka



radyo

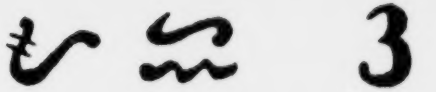
sapatos

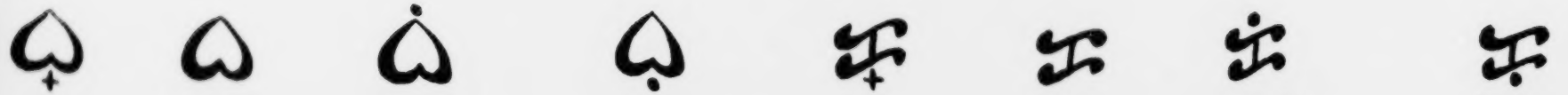
turumpo

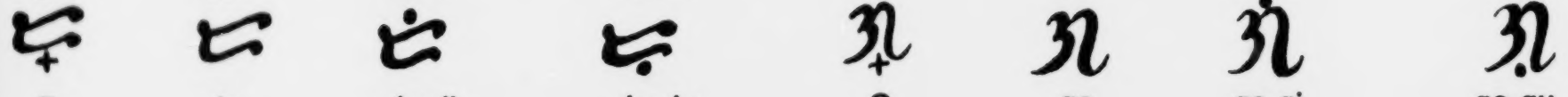
ubas

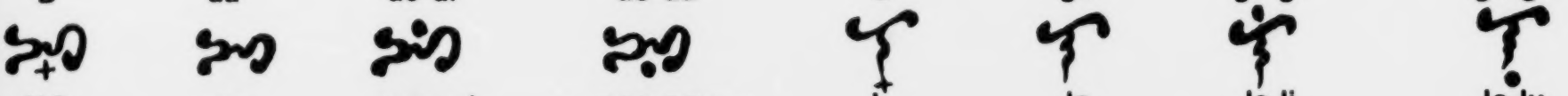
walis

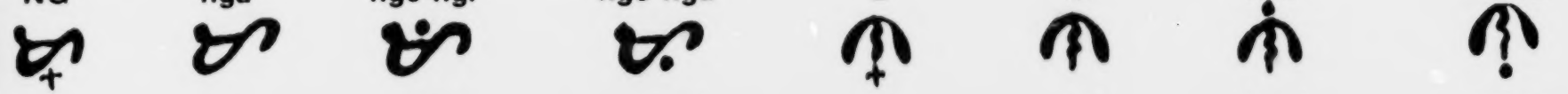
yoyo

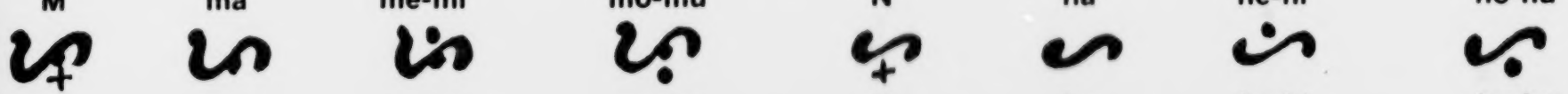












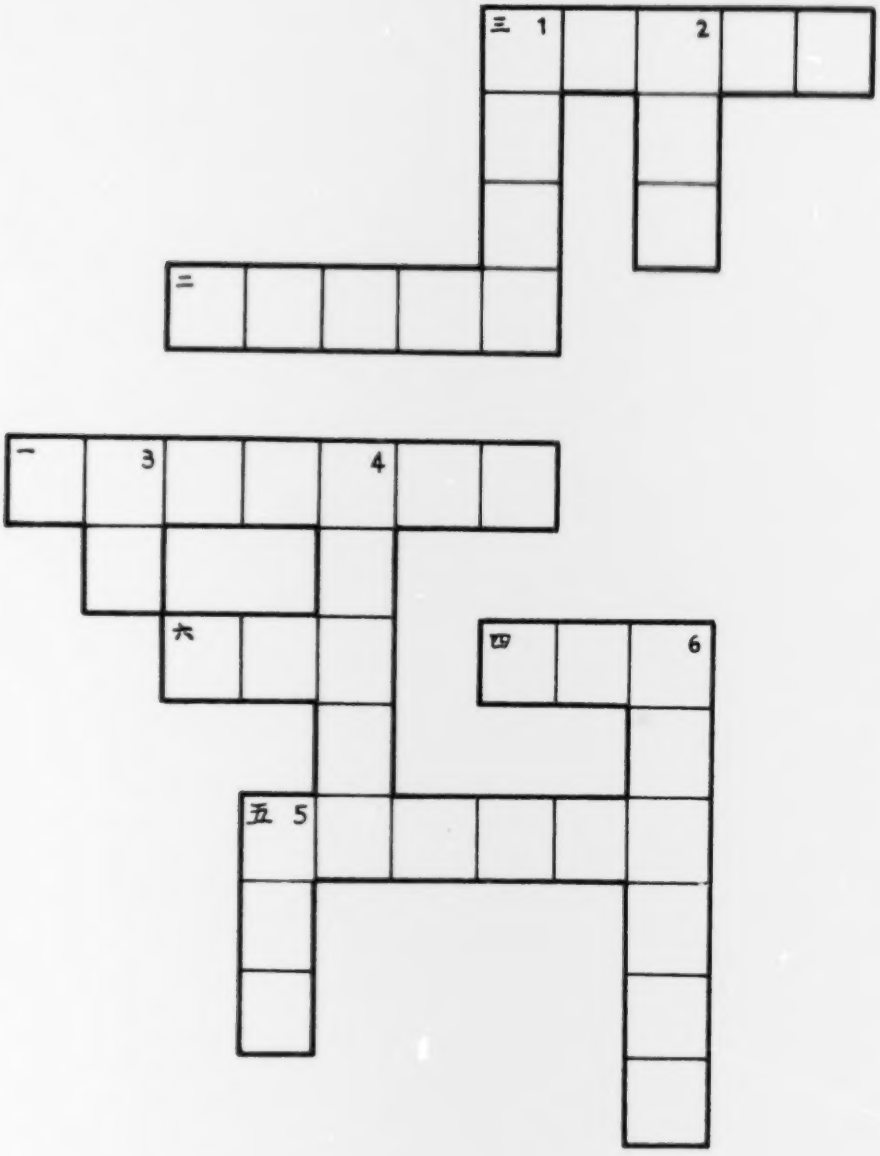
Write your name using the alibata. 用 alibata 符號寫出你的名字。

223

224

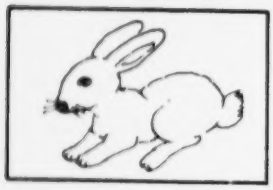
農曆填字遊戲

Lunar Calendar Crossword Puzzle

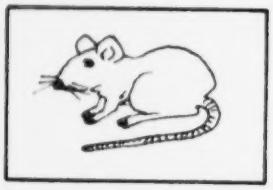


直 **Down**

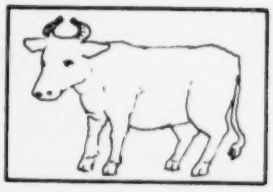
1



2

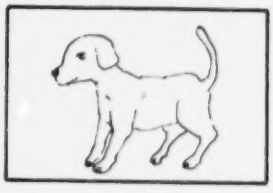


3



4

5



6

橫 **Across**

一

二

三

四

五

六

225

農曆填字遊戲

找出第一個字格的號碼，在「直」行裏找出該數目的動物。把動物的名稱，拼寫在格子裏，第一個字母寫在第一個格子裏，其餘由上至下拼寫出來。

把橫排動物的名稱由左至右拼寫在「橫」排的格子裏。動物圖上的中文字位置一一標在遊戲格裏。

Lunar Calendar Crossword Puzzle

Look at the first number on the puzzle. Find the picture of the animal beside the same number in the "Down" column. Write the name of that animal in the squares on the puzzle, beginning with the square that has that number. Put one letter in each box and go from top to bottom. Fill in all the "Down" squares this way.

Fill in the other squares from left to right by writing the names of the animals from the "Across" column. Match the Chinese symbols on the beginning squares of the puzzle with the symbols above the pictures of the animals.

密語

你能把月餅裡的密語解析出來嗎？

SECRET MESSAGE

Can you decode the moon cake's secret message?

密語
SECRET MESSAGE

G	10+3=	r	2+5=	y	3+1=
t	5+5=	f	0+8=	c	10+2=
s	12+2=	u	1+0=	h	1+2=
e	11−2=	o	7−1=	n	10+5=
a	6−6=	m	13−8=	k	7−5=

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把這些字母和前一頁的號碼搭配，然後把密語解出來。

Match each letter with the number on the previous page and decode the secret message.

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TERNO

TERNO

在隆重的場合，菲律賓女人便會穿起 *terno* 。這種服裝的質料，是叫 *piña* 的菠蘿纖維布，或叫 *jusi* 的香蕉纖維布。 terno 色彩鮮艷，花紋美觀，袖子形如蝴蝶的翅膀。幾百年前，*terno* 包括曳地的長裾、鐘形袖子的上衣、和披在肩上的大幅圍巾。這種服裝的形式不斷改變，名字也改了好幾次；因爲它精緻美麗，至今仍然十分流行。

問題提示：

1. 隆重的場合，你穿甚麼服裝？你最喜歡甚麼衣服？
2. *piña* 用菠蘿纖維製成；*jusi* 用香蕉纖維製成。絨用甚麼製成？粗斜布用甚麼製成？

活動提示：

用毛綫和粗麻布綉出自己喜歡的圖案。

TERNO

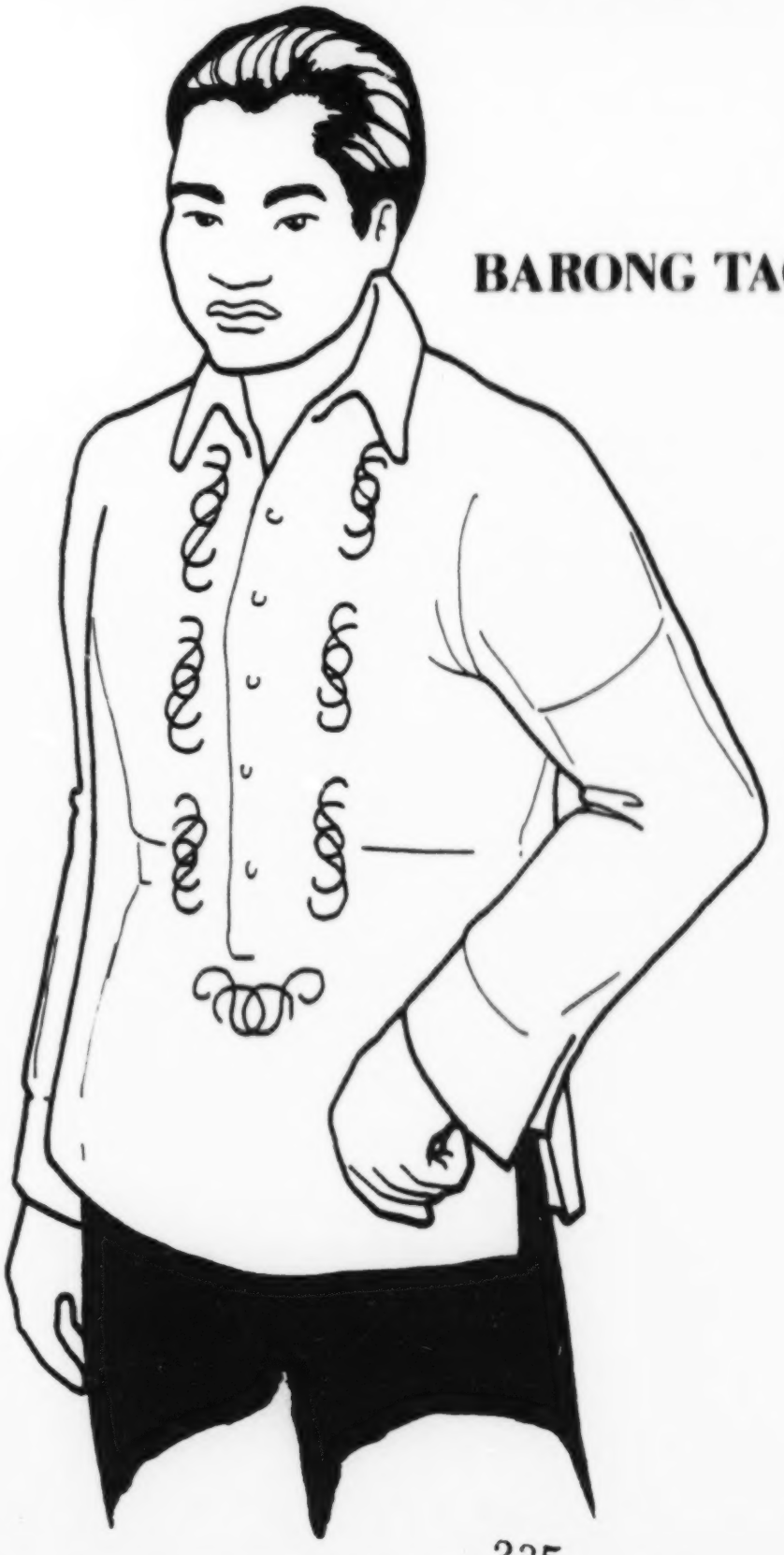
On special occasions, Filipino women wear the *terno* (TER-noh). It is made from a pineapple fiber cloth called *piña* (*peen-YAH*) or a banana fiber cloth called *jusi* (*WHO-see*). It is brightly colored and has beautiful designs. The sleeves are shaped like butterfly wings. Hundreds of years ago, the terno was made up of a simple floor-length skirt, a blouse with bell-shaped sleeves, and a large scarf worn over the shoulders like a shawl. Over the years, the dress has changed in many ways. It has been called by different names. Because it is beautiful and well-made, the terno is popular to this day.

Suggested questions:

1. What clothes do you wear for special occasions? What is your favorite?
2. Piña is made from pineapple fiber. Jusi is made from banana fiber. What is wool made from? What is denim made from?

Suggested activity:

Use burlap and yarn to embroider your own picture or design.



BARONG TAGALOG

BARONG TAGALOG

在隆重的場合，菲律賓男人不分老幼都會穿上 *barong tagalog* 。這種服裝上衣的前面繡上美麗的花紋，用的布通常是一種叫 *piña* 的菠蘿纖維布。 barong tagalog 很好看，因此很流行。還有，因爲它的上衣不是塞進長褲裏，所以天氣熱時穿起來十分涼快。 barang tagalog 已有幾百年的歷史了。

活動提示：

1. 仔細看 barong tagalog 上繡的花紋。
2. 全班可合作做這個計劃：搜集彩色布片、鑲邊、鈕子等裝飾衣物的東西。
3. barong tagalog 在天熱時穿十分涼快。有哪些衣物適合天熱時穿着？有哪些衣物適合天冷時穿着？試列出這些衣物來。

BARONG TAGALOG

In the Philippines, men and boys wear the *barong tagalog* (*BAH-rong tuh-GAH-log*) on special occasions. The barong tagalog is a shirt with beautiful designs on the front. Usually it is made of a pineapple fiber cloth called *piña* (*peen-YAH*). The barong tagalog is popular because it looks good. It is not tucked into the pants, so it is a cool thing to wear in hot weather. The barang tagalog is hundreds of years old.

Suggested activities:

1. Examine the designs on the barong tagalog.
2. As a class project, collect patches, braids, buttons, and other things used to decorate clothes.
3. The barong tagalog is cool in hot weather. Make a list of clothes that you wear in hot weather. Make a list of clothes that you wear in cold weather.

LITSON
LECHON

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LITSON

菲律賓最流行的食品之一就是 lechon 或燒豬。lechon 通常是大宴會的菜式。把乳豬豬淨後，便放在文火上慢慢烤幾小時，不時翻動。烤時香味四溢，人們聞到都要垂涎三尺。在美國的菲律賓人也吃 lechon。

活動提示：

1. 請兒童列出家中特別場合所吃的菜式。
2. 看看附近有沒有菲律賓或中國餐館，有的話，問他們製不製 lechon 或燒豬。

LECHON

One of the most popular foods in the Philippines is roast pig or *lechon* (*lih-CHON*). Lechon is usually served at big parties. A young pig is killed and cleaned very well. Then it is placed over a low fire and turned slowly for several hours. People get hungry just smelling it and thinking of its taste. Filipinos in America also eat lechon.

Suggested activities:

1. Ask your classmates to list dishes their families cook and serve on special occasions.
2. Find out if there is a Filipino or Chinese restaurant in the area. If there is, ask if you can order lechon there.

PISTA

FIESTA

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PISTA

菲律賓的城鎮和鄉村每年都有些叫做 fiesta 的慶典，通常在紀念聖者的節期或其他宗教節日舉行。經過長時間的準備後，fiesta 便在歌舞聲中開始了。fiesta 除了歌舞外，還有各種遊戲、戲劇演出、美味的食品等等。一時炮竹震天，演說聲此起彼落，教堂的鐘聲遠近可聞。整整兩三天，不分晝夜，都是這樣。fiesta 時人人都玩得很痛快。

問題提示：

1. fiesta 是宗教性的慶典。菲律賓人信奉的有哪些宗教？以哪一種教的教徒最多？
2. 美國慶祝些什麼特別節日？它們的起源是怎樣的？用什麼方式慶祝？

活動提示：

與教師一同計劃一個 fiesta。先立一個名目，然後計劃些全班都喜歡的活動，如遊戲、歌舞、特別食品等。

FIESTA

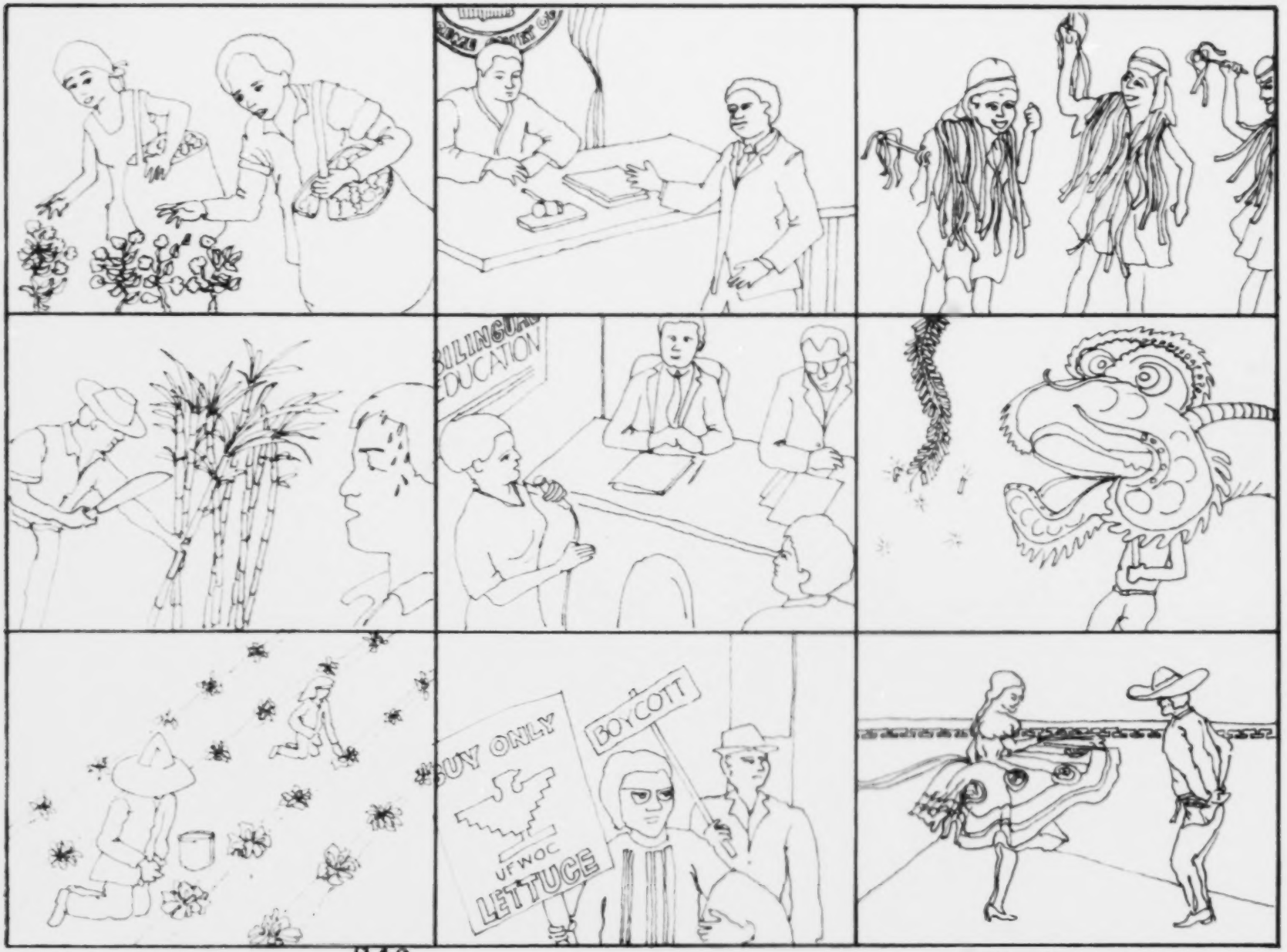
Towns and barrios in the Philipines have yearly celebrations called fiestas. They are held on feast days of saints, holy days, and other religious days. After a long preparation, the fiesta begins with singing, dancing, games, plays, and lots of good food. It is marked by firecrackers, speeches, and the ringing of church bells. All this goes on for two or three full days, lasting throughout the night. The fiesta is enjoyed by everyone.

Suggested questions:

1. Fiestas are religious celebrations. What religions are practiced in the Philippines? What religion is practiced by most Filipinos?
2. What special events do we celebrate in the U.S.? How did they start? How do people celebrate them?

Suggested Activity:

With the teacher, plan a class fiesta. Give the celebration a name. Plan games, songs, dances, food, and other activities that everybody likes.



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